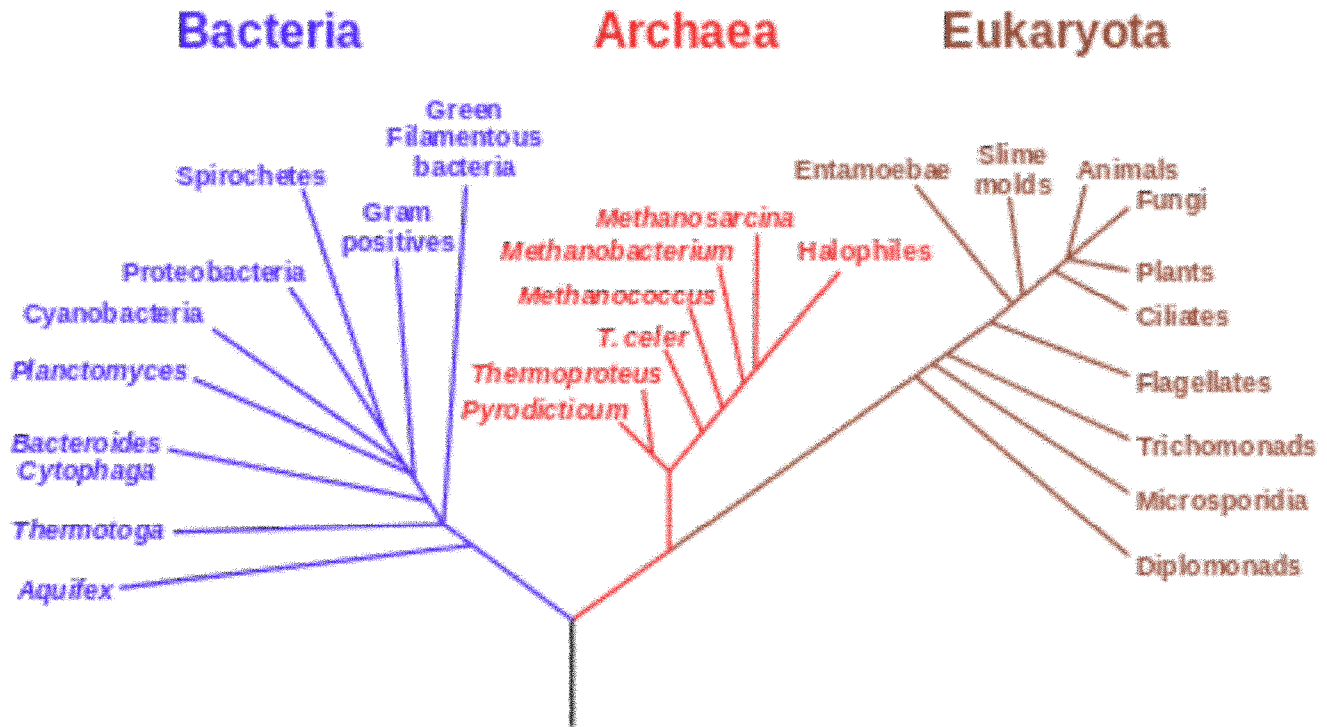


Phylogenetic Tree of Life



in the upper-right are "Animals" (of which most are insects, a few are human)

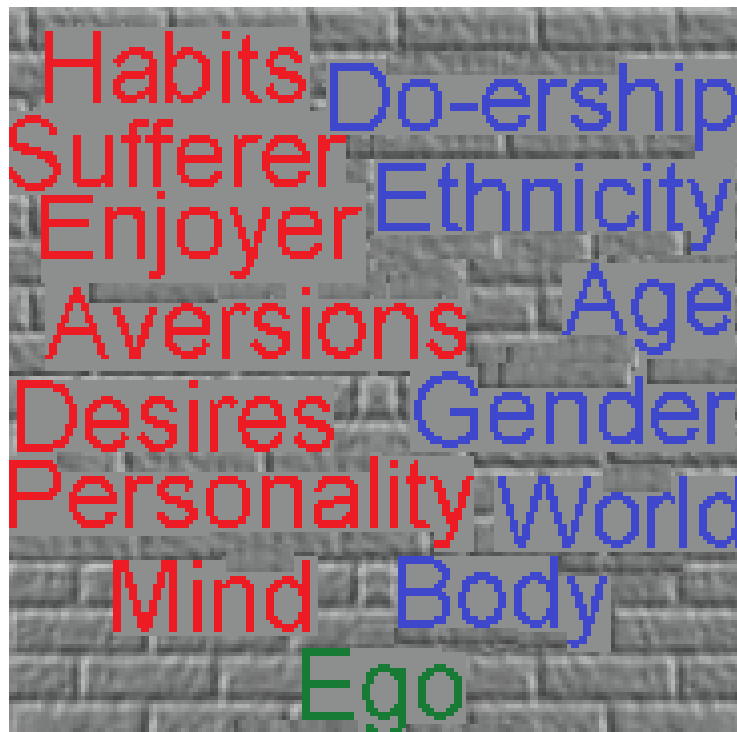
Ch. 4 – again more "Non-Duality & Science" blogs

Table of Contents	page
1) Spiritual Analogy – Wall of Concepts, Eddy currents	3
2) Self Knowledge part 4	4
3) Self Knowledge part 5	7
4) Self Knowledge part 6	9
5) Self Knowledge part 7	16
6) Self Knowledge part 8	13
7) Self Knowledge part 9	14
8) Self Knowledge part 10	15
9) Self Knowledge part 11	18
10) Self Knowledge part 12	20
11) Self Knowledge part 13	22
12) Self Knowledge part 14	24
13) Self Knowledge part 15	26
14) Self Knowledge part 16	27
15) Self Knowledge part 17	29
16) Self Knowledge part 18	31
17) small tour of Mt. Olympus	35
18) Incarnations of Vishnu allegory	37
19) Atmananda 11	39
20) Atmananda 12	41

21) Atmananda 13	42
22) Atmananda 14	44
23) Atmananda 15	45
24) Atmananda 16	46
25) Self-Knowledge 19	47
26) Self Knowledge 20	49
27) Life Matrix 1	52
28) Life Matrix 2	54
29) Life Matrix 3	56
30) Life Matrix 4	58
31) Life Matrix 5	60
32) Life Matrix 6	63
33) Life Matrix 7	64
34) Life Matrix 8	68
35) Life Matrix 9	71
36) Life Matrix 10	74
36) Life Matrix 11	77
37) Life Matrix 12	81
38) Life Matrix 13:	85
39) Life Matrix 14	89
40) Life Matrix 15	93
41) Life Matrix 16	98
42) Life Matrix 17	103
43) Life Matrix 18	108

The Liberated Knowers of the Self
purify the traits of the lower self. (48)

Sri Shankara *Atma Bodh*



#1) Spiritual Analogies – Wall of Concepts, Eddy currents:

Wall of Concepts

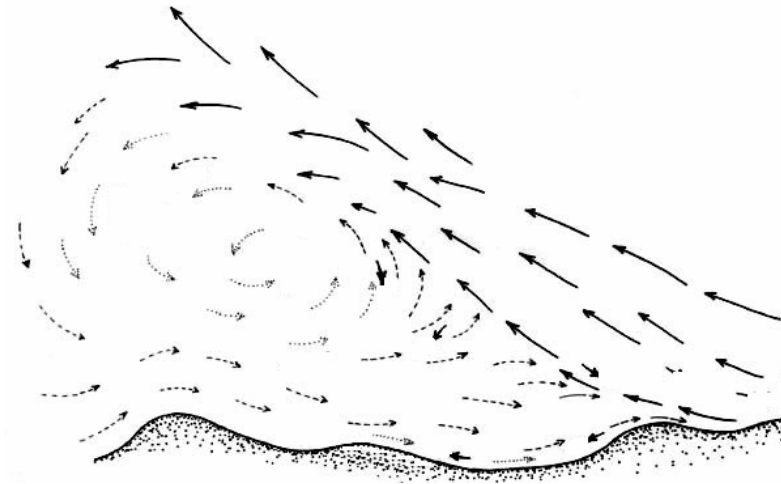
The “obscuring” aspect of Ignorance–Illusion, *Maya* (is called *tamasic avarana*) can be compared to a Stone Wall, where each *stone* is an obscuring Concept. Not all the concepts (*stones*) are equal in their mischief. The largest keystone, supporting all the rest is the Ego-idea “I am an Individual” – separate from the first, primitive illusory notion of “other” = the not– “I” that defines, by exclusion, the Ego-idea Individual Ego–“I”. If we can “pull” that rock out from the base of the “Wall”, then the entire structure of Illusion tumbles down. [*An alternate, more connected Analogy is to see the Ego as the “root” with derivative Concepts as trunks, branches, & twigs.*]

A collection of Thoughts, each referenced to an Ego–“I” [*such as “my” possession, good for “me”, near to “me”, & so on*] is considered “my” Mind – another, slightly less major block or stone in the “Wall”. See that there is no Mind [*other than the collection of Thoughts, each Thought an unreal wave in Consciousness*] & the “Wall above” likewise crumbles, & without that “protection” the “Ego below” withers as well. Mind–thoughts included Sense-thoughts & these are generated by Sense-organs housed in a Body. The same Sense-thoughts alone perceive the same Body, so the circular reasoning is clearly evident as clearly delusive. But the Body is another “big” concept, like Ego & Mind, for the Body is the actual limiting definition of the Individual. Mind & Ego are relatively formless & nebulous compared to the very concrete, distinctive Body. Dis-identify from that Body & the Mind has no home, the Ego falls, & all the concepts “above” resting on the Body definition.

While Personality my rely heaving on the Mind, most other derivative, conceptual, individualizing-definition rest on the Body – age, gender, beauty-ugly, tribe-ethnicity-family-nation, etc. The Body [*& the Mind*] enjoys pleasure & suffers pain, wins & losses.

From “base-concepts” [*or roots & trunks*] on up & out to branches, etc., see any Concept as unreal, not delivering Happiness, not defining Identity, & one can release that Concept & be free of it. Pull enough of the stones out, or some of the larger keystones below & the Wall falls.

There may seem to be “too many” Concepts to identify & discriminate, but here is where the obscuring Wall has an advantage over Root & Branch Analogy. Pull out enough stones or some larger keystones & the rest fall. So the “game” becomes: “see how many Concepts I can lose before Enlightenment intervenes & ends the game.” Each discrimination & release brings its own Peace & Happiness, while the goal of Liberation offers complete, unending Happiness & Freedom.



Eddy currents in the Ocean of Consciousness

One common Analogy for the Ocean of Consciousness sees momentary Waves as apparent Individual Minds. Rising & subsiding, every Wave consisted only of Consciousness – identical to the “water” or Consciousness of the Ocean (God, *Brahman*) itself.

One refinement eliminates the “air above” & the wind that might whip up the Waves. For in Truth there is no other “phase” than the water of the Ocean of Consciousness. There is no “wind” to whip up the Waves, no “air above” in which a Wave might take form. So the refined Ocean Analogy has a limitless Ocean, without shore or bottom, & with no top surface above – only solid “water” – Consciousness.

The apparent Individual Mind then becomes a transient Eddy-current, a below-surface whirlpool, swirling for just a moment in the vast expanse of the Ocean of Consciousness. In this Analogy, the Eddy-current Mind is clearly a passing, evanescent Structure, with no independent substance or existence. Only consciousness in Consciousness, water in Water. So even Mind-conjured Illusion “consists” only of Consciousness, though an Eternity of Time, that Illusion’s infinitesimal appearance is negligible, actually never real.



“The Sunshine Makers” are 1 cm sized elves from a classic 1935 cartoon of the same name, apparently models for the later “seven dwarves” of Disney. They greet the Sunrise chanting with arms overhead: “hail, his majesty the Sun.” Then they open their Mt. Palomar–telescope type building and focus Sunlight down into a funnel from a mounted magnifying glass, early solar energy technology a miniature scale.

#2) Self Knowledge part 4:

[selections based on Master Nome's "Self Knowledge"]

Observing Life & Death, those who desire to be free of Death should seek the immortality of the Self, using that same desire be free of Death to find Liberation. Find clarity regarding the desire to endure, & thus turn this innate desire into the desire for Self-Realization. This Realization alone can fulfill that innate desire. Those who perceive mortality, feel the urge to find something that does not die. They recognize that everything in the World is perishable. Therefore what they seek must be found within in a way that transcends what is physical. They see that it is futile to be attached to that which is only going to pass away sooner or later, so seek spirituality for immortality. This immortality is to be found in the Self. Abidance as the Self is Knowledge of the Self. An Inquiry into the knowledge of Immortality reveals that Bliss & Immortality are the same & that both are realizable by Knowledge.

गुरुब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः
गुरुरेव परं ब्रह्म तस्मै श्रीगुरवे नमः
gurur-brahmā gurur-viṣṇur-gururdevo maheśvarah
gurur-eva param brahma tasmai śrī-gurave namaḥ

As a result of comprehending the Non-Dual Teaching, one is liberated from the illusory connection to the Body & what is mortal. The fusion of the desire for Happiness & the desire to exist results in one being endowed with a singular focus upon Self-Realization. This enables one to practice the Inquiry to know the Self with the power of undistracted meditation.

Fullness & Perfection, the unceasing Bliss, reside in That which neither rises nor sets, which neither begins nor ceases. The experience of Happiness is connected with the desire for Eternity. No one desires a Happiness that will cease. Rather, the desire is for Happiness that will not cease & is forever. The desire for Immortality is as strong as the desire for Happiness. The 2 are inextricably woven together. Just as no one wishes to be unhappy, so no one wishes to cease to exist, though one may wish *objective* appearances, such as the Senses, the Body, & the Thoughts to cease. All with to continue forever. This is an intuition of the true nature of Existence.

The desire to exist cannot be fulfilled externally in bodily forms. The true state of Being, when it is unrealized & delusion is present, manifests as the desire for this or that to last. Realized, the Self itself is the un-born & the un-dying. The Self abides in the state of imperturbable Peace, completely detached & non-dependent on anything else. The Self is

transcendent of the entire Universe for all Time. The desire to endure springs from the deepest & is fulfilled by realizing the deepest, which is the eternal Existence of the Self.

Immortality is complete Happiness, for the essence of both is the same, & only that which is unending is complete. The transitory is not complete, & that which is Suffering is not Eternal. The Realization of the Self is blissful Immortality. It is Abidance in & as That which has no beginning or end. The desire for Happiness & Immortality are the same. They come from the same intuition of Truth of the Self. Only Abidance as the Self, which is the Reality, fulfills both.

The Self is That which has no beginning or end & is That which is Real or truly existent. The Self is changeless. Whatever has a beginning or a change & an end is unreal. The “being unreal” may be understood as being utterly non-existent, or as the Existent entirely mis-perceived. To experience blissful Immortality, one must realize the Existence of the Self as it really is; one must abide as the beginningless & endless, as the changeless. The Knowledge of the Self is the Knowledge of the Eternal, the unchanging, & the completely blissful. It is the Knowledge of Reality. This is the only true Perception. To see anything else is to see the non-existent. That is Ignorance. Ignorance is composed of assumptions & superimpositions. It is the non-perception of Reality & the mis-perception of Reality. That displays itself as the non-seeing of Real, Non-Dual Being & the hallucination of Duality or Multiplicity. The knowing of anything, be it gross (*physical*) or subtle (*mental, etc.*), without the Knowledge of the Self, is simply diversified Ignorance, or diversified Illusion. In the Knowledge of Reality of the Self, there remains neither Multiplicity nor Duality, nor anything else.

One Formless Existence is with no differentiation whatsoever. One Formless Existence appears as if it were all this multiplicity. All the multiplicity is only the one Formless Existence imagined as such.

To realize the Truth, for the Truth to be Self-revealed, one should abandon Ignorance, multiplicity, the transitory, & the illusion of form, & abide as the Formless, which is Real, Non-Dual, & ever-existent. This Abidance is Knowledge. The destruction of Illusion means the destruction of Ignorance regarding the Self, or the destruction of mis-identification. Such is the destruction of Suffering & the end of Death. This is blissful Immortality. It is simply the vanquishing of Ignorance. By the Truth being revealed within, mis-identifications, or superimpositions are destroyed. By the destruction of mis-identifications, or superimpositions, Truth is revealed within.

After killing the like-dislike monster in the Ocean of delusion the Liberated dwell in unconditioned Peace. (49)

#3) Self Knowledge part 5:

[from Master Nome]

In Self-Realization, all notions about the Absolute & the Self are relinquished. Notions about the Absolute are such as that it is separate from oneself, or *objective*, & that it is always-present. Notions about the Self are such as that it is endowed with Form, minuteness, that it is changeful, material, embodied, defined by thought, in Time, or endowed with Individuality. For Knowledge, the superimposition of the *jiva*-hood (*concept of individuality*) is removed from *Atman* (the Self) & *Isvara*-hood (*idea of the Lord God*) is removed from *Brahman* (the Absolute). Upon removal of such superimposition, or Ignorance, one realizes the Identity, as declared in the Upanishad, *Tat tvam asi* (*Thou art That*). If the Self remains undefined, it is only *Brahman*, & That alone. Therefore, one should know the Self.

The Knowledge of Reality, which is the Realization of the Self & the Realization of the Absolute, is attained by the direct path of true Knowledge. By liberating oneself from the mis-identification with what is not the Self, one knows the Self. When the Real Nature of what has been considered as the non-Self is seen, it invariably proves to be non-existent, for such non-Self was dependent upon mis-identification in order to even ever appear.

Blissful & Eternal is the Real Self. One should regard only that which has no beginning or end, is ever existent, is unchanging, is transcendent of all that has Form, of all that changes, & all that is in Time. The Self is also continuous & undivided as Real & one's own true Being. By this Knowledge, one abides in the Natural State, which is the only True State of the Self. The Self may be said to call unto itself, as the *Sought* & as the *Seeker*; as the Guru & as the disciple; as God & as the devotee. The Self seeks itself in meditation. The Self reveals itself as inner experience. The Self knows & abides in itself for blissful Eternity.

[selections based on the 1st Mandala included in *Truth Revealed*]

The Self is just Being, pure Existence. It is not being this or that. It is just Being, pure Existence. Self-Realization is just Being. It is not being this or that. It is just Being. Being, pure Existence knows no alternative. The Self is just Being, pure Existence.

Being, pure Existence never changes its nature. That which truly is never ceases to be. That which ceases never actually is. That which truly exists never changes. That which changes never truly exists. That which is changeless is without destruction. The indestructible is only that which is without creation. The unborn is the undying. The unchanging is alone Being, pure Existence. Being never changes its nature.

The Self ever is just as it is. There is no time when Being, pure Existence is altered. There is no time when you are not the Self. Primordial Being eternally is, is what you are

even now. Immutable Being is Peace itself. For there is no time when Being is altered. Just as it is, the Self ever is.

Being alone knows itself, the "I"-less "I" realized as "I," forever undefined, the only Existence, the only Knowledge, the only Knower. Thus is Brahman, Absolute Reality, always present, unmarred Perfection, the unformed Void, attributeless Being, ever itself just as it is. The only Identity, the only Reality, Being alone knows itself .

Without any other is Absolute Being, formless & Non-Dual, the only Existence. Two that are Formless cannot be. Undivided, homogeneous, alone is Being. nothing outside it & no outside; nothing within it; alone is Being, pure Existence. Nothing comes before eternal Being; nothing comes after eternal Being. Without any other is Absolute Being, pure Existence.

The Truth of Being is solely Reality. Not from illusory things falsely experienced does the sense of Reality in every experience derive, but only from the Self, the only Source, the Real. Real Being depends not on anything else to be. Uncaused itself, the Absolute Self doesn't cause anything else. Infinite, there is nothing beyond produced by it. Mistake not perception or conception for Existence itself. Reality is solely the Truth of Being.





From the solar radiation catching Funnel and down through a distiller coil ("still") of some wide gauge precious optical pipe, half a century before such existed. The Sunshine enters securely mounted high pressure hemispheric converter that ejects the energy out like a Van de Graaf type Electric Arc into a high pressure, metered chamber of heavy pressure-worthy construction. The engineer had to trip a high-leverage Rail-Road track switch or Locomotive brake type lever to start the hi voltage arc going. The same engineer has a handy high-leverage ship-rudder-steering wheel type turn-valve to dispense the distilled Sun energy into another precious optical pipe.

#4) Self Knowledge part 6:

[from Master Nome]

For Self-Realization it is necessary to know the Self as transcendent of bodily form & limitation. By liberating oneself from the ignorant mis-identification with the body & its attributes, one abides as the Infinite & the Eternal.

Those who understand that they seek a Realization that is not a bodily state, & who are neither enamored of nor ashamed of the Body, seek to discern the Self's freedom from the Body & its attributes. That is, one should know the Self's transcendence of all bodily definition. The results of this knowledge of the Self's freedom from the limitations of the Body & its attributes are Bliss & Peace that are undisturbed by bodily conditions. There results spiritual freedom from birth, growth, decay, illness, & death, as well as transcendence of action.

Intent on the Supreme Knowledge, remain detached from the Body, its attributes, & its activities. Utilize the bodily form, while it is alive, as an instrument for selfless activity inspired by Wisdom, by the desire for Liberation, & by the immensity of Grace. Act with corresponding equanimity, purpose, & devotion. The bodily activities are used as an instrument that expresses the divine. By contemplation on its wondrous working, the Body may be viewed (*using scientific insight to self-inspire*) as a reminder of Supreme Consciousness by which it appears, as the entire Universe appears. The emphasis is

placed, not on the reminder (*the body, the Universe*) but on that (*Consciousness*) of which one is reminded.

Be unmoved by Pleasure & Pain, motion & inactivity, Birth & Death. For invariable Bliss, one must know one's freedom from the Body & all bodily attributes. Knowledge is Realization. It is neither something done nor is it any bodily transformation. Rather, it is the comprehension of what is true.

The Self is Formless, Birthless, Deathless, & unchanging. The Self is Eternal & Infinite Existence-Consciousness-Happiness. Realization of this Truth results from liberating the Self by the essential Discrimination inherent in Self-Inquiry, liberating from the illusory bondage of Ignorance. That Ignorance is composed of the delusive assumption that the Self is something other than the true Existence that it is. It is possible to realize this true Being only if one is thoroughly free of the Ignorance that consists of Mis-identification with the Body. For a Body has Form, Birth, Death, change, & does not last forever & is not Infinite. As long as there is any Mis-identification with the Body, the Real Nature of the Self will not be known. Or else, the Self will be misconceived in terms of the limitations of the Body. When misconception is relinquished by a deep Inquiry into one's actual Existence, the nature of the Self is self-evident.

The Self is changeless Existence. The Body changes continuously, even if this change is noticed only after some time. Existence cannot be equated with the Body. The Self is birthless. There is no time when it is not. There is no experience, no knowledge, & no memory of non-existence or of the commencement of Existence (*such as one's actual memory of birth*). The Body has a Birth, so Existence is not equated with the Body. The Self is changeless. There is no increase or decrease in Existence. The Body has growth & decay, so Existence is not equated with the Body. The Self is deathless. There is no time when Existence is not, & non-existence cannot even be imagined without oneself existing to imagine so. The Body is transient & is subject to Death, so Existence cannot be equated with the Body.

The Self is partless, indivisible, homogenous, pure Existence. This Existence is beyond its name. The Body is a multiplicity of elements & organs, a conglomerate of cells, apart from which there is no entity that can be referred to as a "body". The Body is matter. The Self is immaterial, so Existence cannot be equated with the Body.

The Body is composed of matter, the very same matter that is contained in the food that the Body consumes. Why should one regard that Body as oneself ?

[*Never mind what you think of the Body-making-food when your Body is done with it.*]:-)

Indifferent to object happiness, the Liberated
are satisfied with the Bliss of the Self, which
shines like a candle in a jar. (50)

Sri Shankara *Atma Bodh*

#5) Self Knowledge part 7:

[from Master Nome]

The Self is not momentary, but permanent without a moment's interruption. Its Existence does not cease even in the absence of Perception. The Body is momentary, it endures for but one lifetime. The Body appears only in the moments of Perception, so Existence cannot be equated with the Body. The Self is non-objective & ever the Knower. The Body is objective & ever the Known, so Existence cannot be equated with the Body. The Self is attributeless Existence. The Body is of perceived attributes, apart from which there is no Body, so Existence cannot be equated with the Body.

The Self is continuous. The Self does not commence at Birth, & the Self does not cease at Death. Existence does not have the attribute of being "living" or "dead". Existence & Knowledge of Existence are full & not partial. Knowledge of Existence is not sporadic & does not move about to different parts. The Existence of the Self is the constant background of the Body's appearance & disappearance. Likewise, the Self is the constant background of Waking & the other states of Mind (*Dream & Dreamless Deep Sleep*). The Body is discontinuous in several ways. For the Body, there is Life & Death. The experience of the Body is sporadic in Perception, with only one, or a few parts, limbs, or senses experienced at any one time. Never is one aware of it all at once. The Body appears only in Waking states of Mind; Existence can't be equated with the Body.

The Self is non-dependent Existence. The Self *is*, regardless of the Senses & corresponding Thoughts. The Self is directly & immediately known. The Self is not known through something else. The Body is entirely dependent on Sense Perception in order to appear. The Senses depend on the Mind. There is no Body apart from the Senses & the Mind, so Existence cannot be equated with the Body.

The Body has no sense of "I". The "I" belongs to Existence. When the "I" sense is confounded with the Body, such is Delusion, & the Self is then assumed to be a bodily Being or an embodied Entity. There is no actual experience of the Body. There are only Sense Perceptions, which are mis-construed in Delusion. There is actual Existence with its own unbroken continuity, the invariable, constant Knowledge that you are. There is no memory of being a Body. There is the timeless Knowledge of Existence. Memory is always only of something objective, yet the object itself does not exist. So, the memory

of the object is also unreal & cannot actually exist. The Body is the Illusion in Time & Space. The Self is not in Time & Space, so Existence cannot be equated with the Body.

The notions, of an existent Body & that the “I” is the Body, are only Delusions utterly dependent on the conception of the Body & the “I”. The Self is self-existent & not a notion or a product of a concept. The Self is naturally without effort, thought, notion, or becoming anything other than what it is, the true “I”.

Therefore the Self is not the Body. The Self is bodiless, unchanging, indivisible, unborn, undying, indestructible, ever-existent, continuous, formless, partless, beyond the elements or matter, non-dependent, & self-existent forever. This beyond all doubt.

The Self is motionless & actionless. The Body moves & acts. The Self is not affected by the actions of the Body. The Self does not act, move, or change by the results of motions & actions of the Body. Abidance in this Knowledge alone constitutes the truly still or actionless state. This alone is truly Liberation from *karma*, which can never be achieved within the context of the “*I am the Body*” notion & its corollary concept: “*I am the Doer*.” All physical experience, from Birth to Death, inclusive of everything between, is only for the Body. The Self is free of all of it (*physical experience*) & without Birth & Death. The Body is inert & not endowed with Consciousness. The Self is *Existence-Consciousness* & is never non-existent or insentient. *Existence-Consciousness* plus bodily definition is called “life”, which, not being Eternal or true, has a death. In Delusion, one thinks that the Self of the nature of *Existence-Consciousness*, perishes, rather than that the Body definition being with a “start” & false, cannot but have an “end” & therefore not last. *Existence-Consciousness*, as it is purely, is bodiless & has neither Life nor Death. In Knowledge, this is clearly evident. Thus one abides in this Knowledge of the Self abides in imperishable Bliss.



This now half-radiance/half-fluid Sun energy is piped into an Alembic decanter and thereupon through a nozzle into “milk-bottles” for dispensing across the countryside.

#6) Self Knowledge part 8:

[from Master Nome]

The Self is not located in a Body. The Self is not in Space. The Self is not located in relation to the Body. That is, the Self is not *in* or *out* of a Body. The Self is simply undefined by the Body. The Self being *space-like* but not in Space, has no location. Being neither a particular part of the Body nor confined inside the Body. If the Self were a *spot* or in a *spot*, the *spot* could be pointed out, & that very *form* would be the Self or would contain the Self. But then the Self would neither be Existence or Real, neither Infinite nor Eternal. And there would be no Liberation from Bondage. The declaration of the Wise would become false. Such a result, & what would cause that, are all absurd.

The Self would then be located throughout the Body or at a bodily *spot*. Such a *location* would be *objective*. The Self, though, is non-*objective*. And the non-*objective* cannot have an *objective location* or other non-*objective* attributes. If the Self were located in the Body, when that part of the Body underwent change or decay, so would Existence itself. If that part of the Body would be lost, the Self would be lost. If that part of the Body would be forgotten, the Self would be forgotten. The Self, which is real Existence, is always Present, & is never forgotten. If the Self would be located throughout the Body, Existence would diminish & change as the cells of the Body change. If one part were lost, even a single hair of cell, Existence would diminish accordingly. This though, that the Self would be located throughout the Body, is not so. For the Self is changeless & ever undiminished. The Self is not located in the Body. The entire assumption of being located in a Body, as if the Body were a *Container* of the Self – assumption not true.

The perception, or idea, of a Body, & the Notion of location appear in the Mind, which is in. & illumined by, Consciousness, which is beyond all that. The Known occurs within the Knowledge of the Knower, which is of the nature of Consciousness, & not one bit otherwise. Therefore, the Self is not the Body & is not in the Body. There is no Birth or Death for the Self. And the Self does not *enter into* or *exit out of* the Body. The Self is not in relation to a Body. The Self is not in the Body now, nor is the Self out of the Body at some other time. The Self is locationless.

Though apparently conditioned by their bodies,
the Enlightened are unconcerned & move through
life completely unattached - like the breeze. (51)

#7) Self Knowledge part 9:

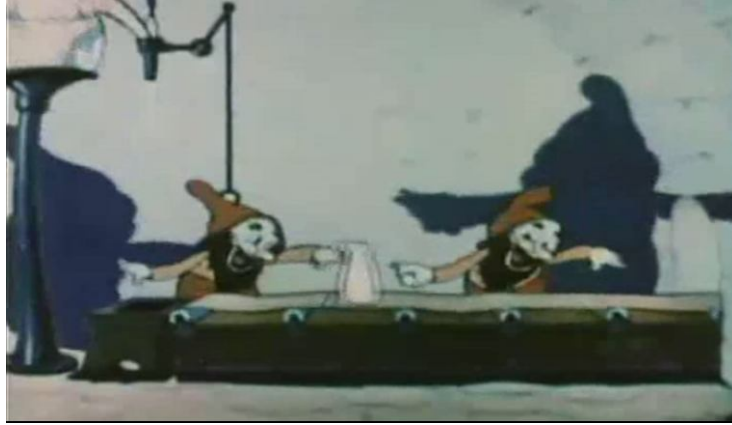
[from Master Nome]

The Self exists as it is, with no modifications. What the Self *is*, it is always. The Body with its transience & changes, is not an attribute of the Self. The Self does not possess a Body. For otherwise, it would always have the Body, which is not the case. Possession of a Body is not in the Nature of the Self, the Self being the Reality that never changes its Nature. The Self does not have a Body, since possession implies division, or the Duality of the Possessor & the Possessed, & implies their relation.

Being is Non-Dual & indivisible. Existence is Absolute & Infinite. Existence is not in relation to anything. There is not anything to which Existence could have a relation, as a finite *object* might have. The Self does not have a Body, as an attribute could only be for a “*thing*”, & pure Existence is not a “*thing*”. The Self does not have a Body & in this lies its great freedom.

The Body does not possess, or have as an attribute, the Self. The attributes of the Body are not the attributes of the Self. The Body is a *form*. The Self is Formless. The Formless does not have a *form* in any manner. The Self is Infinite & Space-like, ever the same & bodiless. The Infinite does not wear a Body & the Space-like has no *form*. The Body does not possess the Self; & the Self does not possess a Body.





Shadows in this Cave masterfully duplicate the assembly line, recording the elastic pull-switch cord and ring by which each bottle is filled just-right by eyeball judgment. Two workers are shadowed on perpendicular walls with one shadow rotated with accurate projection, surpassing the next quarter century of cartoon technology. Loading the Henry Ford *Era* conveyor belt with bottled Sunshine as the bottles exit the factory or "dairy".

#8) Self Knowledge part 10:

[from Master Nome]

Those who would know the Self by Knowledge, cease to regard the Senses as a measure of Reality or of the Self. Non-sensory Knowledge reveals the Self's freedom from the Senses & sets one free of the limitations of the Senses. Those who know that there is neither permanence of the Senses, nor Happiness via the Senses, who do not equate Pleasure with Happiness, of equate Pain with Suffering, but realize that Happiness & Suffering are determined by Knowledge of the Self or Ignorance respectively. Those who desire to experience the spiritual Truth beyond the Senses, take recourse to the Inquiry to know the Self. By such Inquiry, the Knowledge, that the Self is innately transcendent of the Senses & not bound by the Senses in any manner, shines. The Knowledge of the Self is itself free from limitations of the Senses, as is the Self itself. Those who abide in this Knowledge remain unmoved by whatever happens to the Senses. By Knowledge of the Self, Knowledge of Reality, one brings about the destruction of the foundations of the delusion of believing in the existence of an external World.

The Wise know that the Senses do not & cannot provide Happiness, that Attachment to the Senses or their *objects*, is Bondage. They know that the Senses are neither Bliss nor Immortal. They know that the Purpose of Life is not fulfilled by any kind of sensory experience. They know that Liberation is not any kind of sensory experience & that Realization is not a particular kind of Sensation. Realization is not an increase in Sensation & not a decrease in Sensation. One's freedom from the Senses must be firm & natural for there to be Realization. This necessitates the Knowledge of the Self's transcendence of the Senses.

The Self is Infinite Consciousness, unchanging Existence, perfectly full Bliss. Vast & space-like, formless & unconditioned is the Self. Of immense, silent Peace, ever-shining

& motionless, is the Self. Within the Self, without actually occurring, there is imagined the "real" of objective experience, manifesting as the World perceived by the 5 Senses. Those 5 Senses so appear, unreal but imagined, with their corresponding sense-*objects* (sights, sounds, feelings, odors, tastes). Within the different realms of the different Senses, a great variety of sensations & an apparently uncountable number of sense-*objects* appear. These are the Sense experiences of living beings, which are differentiated from one another by means of Mis-identification with the Body. Like the surface *ripples* & *foam* on the *waves* in the *Sea* of Consciousness, like *clouds* in the *Sky* of pure *Being*, so are the Senses. The Self is *Existence-Consciousness-Happiness*. To confound the Self with any or all of the Senses, in any way, is Ignorance. Freedom from Mis-identification with the Senses is Knowledge. Since Knowledge is Liberation, & since one seeks to know Reality & not create it, for Reality always is, therefore, one should discern clearly the Self. The Self is innately free from the Senses, & the Self is free from all the limitations of the Senses.

The Self is singular & indivisible Existence. The Senses are multiple & divided. The Senses are changeful, discontinuous, & impermanent. The Senses are lost (*for some eventually or accidentally*), dulled, or altered in death, old age, & illness. The Senses change during one's Lifetime, from infancy until the end of the Body. The Senses are changing all the time, transforming into dull & acute states, subject as they are to the 3 *gunas* – the "qualities" of *tamas* (inertia), *rajas* (agitation), *sattva* (tending toward the light of Knowledge).

Each of the 5 Senses takes a turn due to a change of the Sense Organ, the mental attention, & similar factors. The Senses appear only in the Waking state. With each state of Mind (*Waking, Dream, Deep Dreamless Sleep*), the Senses change. Upon death of the Body, which is not the Self, the Senses are lost entirely. Rarely are all the 5 Senses active or experienced, simultaneously, but Existence is always wholly present.

The Senses are just a momentary function. The Self, however, is steady, self-existent Reality, permanent & not a *function* of some other thing. The Self is Being & not a doing or activity. The Self is not determined by any conditions & is itself without any conditions whatsoever. The Senses, though, are determined by any current conditions such as the condition of the Sense Organs & the environment. The experience of these is determined as the result of the interaction of what appears to have become split in Consciousness – that the object & the instrument (*Sense Organ*) used to know it – & the mental attention given to or removed from the Senses.

From a higher view, in the one Mind, all 3 changing factors (*object, instrument, mental attention*) appear, determining the 5 Sense experiences. Partless Existence, which is the Self, is beyond the changeful appearances in the Mind. So, how can the Senses be considered to be the Self ?

The Senses are part of the Body. The Body is perceived only by the Senses & has no reality apart from them. Each of the 3 illusions depends on the other (~ *bootstrapping Dependent Origination*). Such (*mutually inter-dependent*) Illusion is like the *painting of a wall* that is painted on the wall depicted when the wall itself has not yet been built. [Contained in that comment is also a “barbershop mirrors” type of self-referencing paradox. Like the old Morton Salt label girl carrying Morton Salt on which a small version of herself was carry Morton Salt, & so on, my hometown had a town-entering Billboard that depicted the town & Billboard, which again depicted the town, & so on.]

The Self, however, is bodiless & not a part of the Body or associated with a location in relation to a Body. The Senses are otherwise, so how can the Senses be considered to be the Self ? The Senses depend on the Self. But the Self exists as it is, innately non-dependent on the Senses. This is the highest state of Detachment from the Senses. As pure Being, one is always detached from the Senses & thus, detached from the whole World.

The Self is not the Senses & is not experienced by the Senses. The Senses are capable of perceiving Sense *objects* only, & the Self is not a material *object*. The sensory experience is only that of Sensation & not a separate Sense & a separate *object*. The Self is not a Sensation or a product of Sensations. So, how can the Senses be considered to be the Self ?

The Self is the “*eye of the eye*” unseen by the Eye. The Self, which is formless Existence-Consciousness, cannot be sensed & does not have Senses. The Self is not a sensing entity, conceived as the nexus of all the Sensations. Instead, the Self is unalloyed Consciousness. The Self is all-seeing but “*eyeless*”. In Truth, the Senses do not exist.

The Senses are only a figment of the Mind, which is in the infinite Consciousness. Upon the *substrate* of the Self, which is *Existence-Consciousness*, the Senses appear, being only the thought of those Senses. Nor do the Sense-objects separately exist. The Sense-objects appear only to & in the Senses. The Senses vanish, leaving the *substrate* unaffected & all alone. The *substrate* is Reality, which is unchanging. There is no actual creation of the Senses in that Consciousness. By that Knowledge one remains Identified as the Self & not Mis-identified with the Senses, which are unreal. Let there be this steady Knowledge.

When conditionings dissolve, the Enlightened are absorbed into the all-pervading Reality like water into water & light into light. (52)

#9) Self Knowledge part 11:

[from Master Nome]

The view of the World is a mirror image of the view of oneself since the identity of oneself determines the definition of the World. The *Seer* himself appears as the *Seen*, the “I” as “this”. For the purpose of knowing Reality without *veils*, one should Inquire to know oneself, giving up the *objective* outlook, as well as the Ego to whom it belongs. Those who are detached from the World & the Senses, who are not identified with the Body, who also perceive the transient nature of all the World, & who yearn for the direct experience of Knowledge of Reality as it is, those should so Inquire. The Wise view the World as transitory, as inert, & as a passing Dream. Such a one never expects the World to provide him with what is his Happiness, Identity, & Reality. To transcend the World is to remain blissful, at Peace always, & free in the Knowledge of unreality of the World & in the Knowledge of the Self’s freedom from that Illusion. This is the perception of Reality, free from the forms of Illusion. This is Abidance in wordless *Being*, true perception, transcendence of the World, & limitless freedom unaffected by anything of the World. The direct experience of indivisible Existence, & true experience is beyond debate or doubt for those who Inquire to know the Self, which is the sole existent Reality.

By the term “*World*” is meant all that is perceived, all objects, all activities, all events, the forms of living beings, anything in Space & Time, & anything seen, heard, touched, or sensed in any manner. Transcendence of the World is Liberation from Bondage & Suffering in relation to all of that. Abandonment of the *objective* outlook constituting the World yields the perception of Reality as it is. Such cannot be anything of the World, but only by Knowledge of the Self, the Reality that is. Where could one go in the World that would be beyond the World ? Yet one’s real *Being* is ever beyond, & Knowledge reveals the nature of one’s real Being.

The Self is changeless & permanent. The World is changeful & impermanent. Each object has a creation, a changeful duration & a destruction. This is true for all objects & for the World as a whole without exception. The Self is permanent with no creation or destruction. The perception of the World depends on the changeful Senses. A change in the Senses brings a change in the object & the World perceived. The Self does not change as the Senses do, for it is unchanging Being & the unchanging Witness of all the changing Senses. A change of mode, or state of Mind yields a corresponding change in the Senses & the perceived World. The Self is not changed, being unchanging Existence & Consciousness, & also the Witness of the Mind as well as the Senses.

The Self is One, partless & indivisible. The World is composed of innumerable parts & divisions. The Self has no Form & is purely formless Being. The World is composed of Forms without which there is no World. There is no formless World. The Existence of

the Self is not sensorially perceived, but is known more interiorly. The World is perceived only through the Senses. The Self is ever the *subject*, the *knower*. The World is only the *object*, the *known*. Therefore, the Self has no connection with the World, since the Self shares none of its characteristics or qualities. The Self is not defined by the World or worldly things. The Self is not bound by the World or anything in the World. The Self does not depend on the World in any way in order to be. That which is true of the Being & Consciousness of the Self is also true of the Bliss of the Self. These 3 (*Existence-Consciousness-Happiness*) are not actually 3, but 1 & the same thing. This Discernment yields Freedom from the Illusion of Bondage when the World is apparently perceived, as well as when the World is not perceived. By such Knowledge, one realizes that the Self is not of the World & is not in the World. The Self is not produced by anything in the World, shares none of the World's limited qualities, & is not an object within the World. Such is so because the Self is neither a Body nor located in a Body.

Entertaining & debating various concepts or opinions regarding the World can only continue so long as there is no clear Discernment of the One who perceives the World. Once there is deeper Knowledge regarding the Self, the questions about the World's nature no longer arise. The Realization of the Unborn is the Realization of *no-creation*. In the absence of this Knowledge, there may arise confusion such as: "*If the World is unreal, why does it appear ? If the World is unreal, why does it not disappear ?*" Such confusion is rooted in the delusive supposition that the mere Senses are the determination of Reality. Likewise supposed is the *knower* conceived as a sensory being engaged in an experience (*sensory*) that is the same nature as his supposed self. A deep Inquiry into the *knower* himself will result in the absence of a defined separate experiencer & thus of the World that is supposedly experienced. This yields the revelation of the one infinite Existence of the Self. The meaning of "All is the Self" or "All is *Brahman*" is comprehended in the Non-Dual Knowledge without a trace of any other.





By cricket-driven chariot sized wagon, a Sunny Elf delivers Sunlight along a route to those who've ordered, exchanging empty for full bottles on their doorstep like milkmen did in my 1950's childhood. As he rides he sings: "Sunshine, Sunshine, I surely love that good old Golden Sunshine. Sunshine, Sunshine, just the thing to keep you feeling fine." Precocious wellness care medical orientation is cartooned here.

#10) Self Knowledge part 12:

[from Master Nome]

To experience a World is to conceive that World. The World is not actually a Perception, but rather a Conception. To conceive or experience a World, one must first consider oneself as some kind of Body, or as in a Body, or consider the Body as existent & the Body as being somewhere. None of that is true, for such is only imagined in the Mind. For such Illusions of the World, one must also regard the Sensations, not as Sensations or modes of the Mind, but as literally "physical". Such Sensation is endowed with the Duality of inner & outer, with the apparent object portion of the Sensation considered as separate from knowing aspect. [*So there is not only "hearing" but also real "sounds", not only "seeing" but also real "light", not only "touching" but also real "matter"*]. Since the Body is not oneself, & the Self is not in a Body, the World is not arrayed "around" oneself. The "around" part is imagined in the Mind, & is not really all "around".

The World is constituted solely of Sense Perceptions, usually made from a supposed Bodily location [*dreams have dream-bodies but out-of-the-body OOBEE experiences, etc. are exceptions*]. There is no World apart from these Perceptions. So the World is not "external". The "external" is merely a conceptual interpretation of the Sensations. The Senses are known only by & in Consciousness. So what is thought of as "external" is entirely in Consciousness, which is free from the Senses. The "external World" is a mere Notion in Consciousness. Within that Notion there appears the whole "external" World. That is one Notion fragmented into the imagining of endless objects that assumed to exist. That one Notion depends on the "*I am the Body*" belief. The World is a mere notion, an illusory appearance in one's own Mind. Therefore, the Notion is called Maya, Illusion. But Illusion is that which *is not*.

Since the World is unreal, it can produce no Bondage. Being unreal, the World does not really come to be. It is for this reason that Maya is said to be *beginningless* [*not eternal – like it always was – but rather that it never started, never happened*]. Reality does not bring forth the unreal. Being Non-Dual, Reality does not bring forth any other thing that is real either. Ever-existent Being, itself Unborn, never creates at all. Nor it the unreal ever “born” [*beginningless – but this time because it never comes to be*], for the unreal does not exist. Being unreal, the World does not disappear for you (*as individual*) either, anymore than the Dream World disappears for the Dream character when one (*like the real Self*) awakens from both (*Dream World & Dream character*).

The World appears in Consciousness alone. The World is the known that is known by the knower (*apparent individual*). The World is also known “in” the knower (*the real knower, the Self*). The World has no existence apart from the (*real*) knower which is pure Consciousness. The World appears in Consciousness by the power of Consciousness. The World is composed of Consciousness, & is known or experienced by Consciousness. All of it is just Consciousness. The World has not the least degree of any other existence. One Existence-Consciousness exists everywhere always. The one Self experiences itself everywhere always. The Self itself is in that case just “thought of” as the World, Space, Time, matter, motion & events, moments, eons, things, & people – the animate & the inanimate, moving & still, large & small, living & dead, far & near, atoms & galaxies, root & flower, cause & effect, & all else. The one Self is all. The one Self appears as all this Universe. The Universe appears, in the Self. The Self being Formless & Infinite, does not appear in the Universe. The Self rather appears “as” the Universe, but that Self really undergoes no modifications. The Self always abides as the perfectly full Void of Being. If the World appears, the World & its knower (*apparent individual*) are only the Self. If there is no appearance of a World, there remains only the Self. In the Knowledge of the unalterable, ever-same Reality, the Self alone is. Thus, in Reality, there is no question of a World ever being created or ever appearing. For whom would a World appear, since there is no 2nd “self” but only the 1 Self, forever.

The Self is the only Seer of the World, if one is seen. The World, in turn, does not itself see the Self. Existence is Consciousness, & the Self is That. There is no existence apart from Consciousness, the Self. Realizing the Truth of the Self, one sees that there is no World. It is not that the Seer of Truth does not see the World, as if this Knowledge were a sensory (deprived one) state, but rather, the Seer of Truth sees that there is no World. The Seer of Truth is the Self, & the Self is indivisible, non-objective, without an exterior, undifferentiated, & 1-w/-a-2nd. Consciousness, infinite & undivided, sees none but itself. That which is not Consciousness does not see at all. Lacking Being, it [*that which is not Consciousness*] also lacks knowing. As the Self, one does not see the World, & the World does not see oneself.

In Non-Duality, Being alone is Real. The World has never come to be, so it is said to be completely unreal. The World never was, is not, & never will be. The uncreated, unmodified, worldless Absolute alone is. That alone is, & *That* you are. The Real ever is, & the unreal has never come to be. The conclusion about this is known by the knowers of Truth.

This **Wisdom** is unique
because one will be
permanently freed from
Suffering by receiving it.

Tripura Rahasya (recommended by Maharshi)

#11) Self Knowledge part 13:

[from *Master Nome*]

Inquiring to liberate the Self from every mis-identification with thought requires thought-transcendent Knowledge. Such is the revelation of the Self, beyond all of the Mind. Initially, this may be the revelation of the Self as the pure, unchanging, witnessing Consciousness. In Realization, the Self, which is indivisible Consciousness, alone is. Those who introspective, observing the changeful nature of thoughts & states of Mind, & desiring to be free of the Mind, are intent on discerning the inconceivable Self that is not to be mis-identification with thought. Liberation from thought means Abidance as pure Consciousness. Such Abidance is Freedom from all states Mind & their content. Abidance is awakening from this Waking-Dream. Abidance is Realization of That which is not a state.

“Mind” signifies all thought. Liberation from the Mind means freedom from all thought of every kind. There are innumerable permutations of thought. Some thoughts deal with the Senses & some thoughts are associations with the impressions of the Senses. Some thoughts are more subtle, & some are abstract thoughts. Some thoughts are memories. Some thoughts may appear as emotions of various kinds. Thoughts that are more clear, which are thus *sattvic* in character (*that’s what sattvic means*), point toward Knowledge. Self-Knowledge is Liberation from all such thoughts.

The Mind may be understood in terms of its aspects, such as *manas* & *buddhi* (mind & intellect), or as *manas*, *buddhi*, & *chitta* (mind, intellect, & memory). Inquiring to know the Self, one can see that *Thought* is a power capable of appearing in multiple ways or permutations with various content. The same power of *Thought* may appear one at time, individually, in patterns, in modes, or as states of Mind. Knowing this, one can take the Self-Inquiry direct-approach of liberating the Self from the Mind all at once.

The Wise free themselves from the Mind, from *Thought*, realizing that all Duality, which is all experience other than the Self, is a creation of the Mind. Such “creation” is due to thoughts & is composed of thoughts. Abidance, free from thought, requires one to abide free from dualistic notions regarding the Mind itself. The unmoving Self does not “travel” through the Mind, & thought does not “drag” the ever-still, transcendent Self about. The Self is silent & untouched, endowed with the supreme, solitary power of Reality. The Self does not contend with thought, as if thought were an enemy with its own power. Self-Inquiry entails freedom from the pursuit of delusive thoughts that, in the form of *vasanas* (or tendencies) form *Samsara*. Self-Knowledge is not merely a blank Mind in which thought activity is temporarily stilled. For Self-Realization, one should know the Self’s freedom thought & the true nature of the Mind. Inquiring: “for whom is this thought, for whom is this Mind ?” one should seek the Knowledge of the Self, beyond all mental modes & states. Inquiring: “who am I ?” one should know true Being, interior to any thought, more formless than any thoughts, transcendent of all thought, more formless than any thought, transcendent of all thought, & ever free from all thought.



After carefully reading the written instruction-order left with 1 empty bottle he smiles to see they have upped their order and he replaces the 1 empty with 2 full bottles. You get the sense that payment would be a small issue if there was any payment.

#12) Self Knowledge part 14:

[from Master Nome]

The Self is changeless. Thought is changeful. Thought cannot pertain to the Self. The Self is homogeneous. Thought has many aspects. Thought cannot pertain to the Self, nor define or confine the Self. The Self is continuous Existence-Consciousness. Thought is sporadic & each thought is momentary. Thought cannot pertain to the Self, nor define or confine the Self.

The Self does not rise & has no disappearance. The rise & fall of thought can be observed by anyone who meditates with depth. Thought then cannot pertain to the Self, nor define or confine the Self.

Thought being *objective* is the *known*. Thought has no knowing power of its own. The Self is the *Knower*, the silent *Witness* of all. The Self is Consciousness, which is the *Knower* “of the field” [a *Bhagavad Gita* reference] & the Mind is the “field”. Since this is always so, thought cannot pertain to the Self, nor define or confine the Self.

The “I” knows thought. Thought does not know the “I”. I am the unknown *Knower* of all knowing. This true Knowledge. None of the attributes of thought are those of the Self. Thought then cannot pertain to the Self, nor define or confine the Self. The Self is free from thought,

Thought can never conceive of the Self. The Self is never an *object* of thought. Thought also has an *objective* element in it. The Self is ever non-*objective*. There is no such thing as a non-*objective* thought, since thought is always *known* & is always the thought “of” something, be it gross (*material*) or subtle (*mental*). The Self is never an *object* & can never be the *known*. The Self is also Consciousness itself. Therefore the Self is ever of the nature that is transcendent of thought. The Self is not known by thought which means the Self is ever undefined by thought & cannot be bound by thought, no matter what the thought is.

What is called “the Mind” is only a combination of thought & Consciousness. That combination is an Illusion. That is the Illusion of combining the ever formless with form. Consciousness is the Self & cannot truly be combined with thought, for the Self is formless & will not change its nature, is infinite & will not be added to, & is real Existence that cannot be combined with false appearances any more than a *rope* can be combined with an imagined *snake*, or the *sand* combined with the “*water*” in a mirage.

What is casually termed “Mind” is only a collection, or movement of thought. The Mind does not exist as such, & it is not an independent entity. If thought is absent, there is said

to be no Mind present. Thought itself is inert. When the knowing Consciousness is confounded with thought, there arises the notion of a separate knowing entity called the “Mind”. Consciousness is the *knowing* aspect & is not a thought. No thought is Consciousness itself. Consciousness is the Self, & thus the Self is free from thought & free of the Mind.

All that appears is only thought: the World, the Body, the Senses, subtle experience [*certain meditative experiences*], & of course, thinking itself. All are known in thought only. Thought itself is experienced as if it were all these things [*we think it & then assume it really exists or really happened*]. All [World, Body, Senses, etc.] are only thought. Thoughts [*seem to*] join only to other thoughts & affect only other thoughts. Thought appears as ideas, & thought itself appears as the things that concern those ideas. Thought cannot join with the Self & cannot affect the Self. Therefore, thought cannot bind us. Thoughts affect only thoughts [*again seeming to since such are unreal*]. The preceding thoughts generally determine the succeeding thoughts. The apparent interaction of things upon thought & thoughts upon things is entirely a play of thought, which is merely thoughts affecting thoughts.

Thought itself projects itself into itself. There is no “in” or “out” for such are only mere notions. It is just like the appearance of a Dream-thinker in a Dream. There appears to be Perception of objects & interior thoughts, be they conceptions, associations, emotions, memories, etc. The whole of the Dream, inner & outer, is actually just composed of thought appearing in various ways. Since there are truly no internal & external aspects in a Dream, though in the Dream such appear. So it is with thought, now in the Waking state, such as that in which these words appear.

Even the largest thought occupies no Space, & the longest thought endures for no Time. Therefore, all that is conceived is *Maya*, Illusion. One thinks, envisions, dreams, & such without any connection to physical things. So it is with all thought. When thinking of a large mountain, or dreaming of being in another place, one’s “head” does not enlarge in the 1st case, or one’s Body does not travel to those places or those things being altered in any way.

All is thought, inclusive of the large & small, now & then, this & that, you & I, he & she, here & there; Past, Present & Future; all actions, all occurrences; Life & Death; all that is considered the Universe-Individual-God. The Self transcends all this, for the Self is free from thought.

The peace of the **Self** is always there.
Ignorance alone seems to veil it.
Knowledge destroys ignorance.
This **Knowledge** is **Self-Knowledge**.
Inquiring to realize this as your very nature,
you find ignorance to be nonexistent.
“Prajnanam Brahma” Supreme **Knowledge**,
or **Consciousness**, is Brahman.
Do you comprehend? If this is understood,
by what light is it known?
If you think that you do not understand,
by what light is that thought known?

#13) Self Knowledge part 15:

[from Master Nome]

Thoughts move in modes. Innumerable thoughts & modes are contained in states of Mind. All are included in 3 states of Mind: Waking, Dream, & Deep Dreamless Sleep. In the 1st 2 states (*Waking & Dream*), thought itself projects itself into itself & the content of thought changes according to those states. The Waking state is equivalent to the Dream state. In both states, the same kind of multiplicity manifests. In both states, *subject & object* appear. The same kinds of mental function appear in both states. In both states, there is the same tendency to identify as a particular character with a particular Body exists. Cause & Effect are present in both states. Both states are characterized by non-perception of Reality & the mis-perception of Reality, which delusions are equivalent to not seeing a *rope* & imagining to be a *snake*. These 2 states, Waking & Dream are mutually exclusive (*contradictory*). Everything experienced in a given state changes within that state itself, or else changes with the transition from 1 state to the other. Only Existence-Consciousness remains the same, unaffected by the changes in such experiences & any change of state. So what is present in the Waking state tends to be absent in the Dream state, & what is present in the Dream state tends to be absent in the Waking state. What appears within a state is only that state of Mind itself. The Dream state of Mind appears as only & all that is experienced in that Dream state. So too is it with the Waking state. Each state of Mind itself composes all that appears with the state.

In the Deep Dreamless Sleep state, there is an absence Waking & Dream thoughts & their content. There is therefore no World, no Body, no Senses, no Ideas, no Memories, & no “person” existing in the Deep Dreamless Sleep. Yet Existence-Consciousness still is, & that Existence-Consciousness is the Self. The Self continues, even in the absence of

thoughts in Deep Dreamless Sleep. The Self is then unaffected by the absence of all else, just as it is when all else appears in the other 2 states (*Waking & Dream*).

Deep Dreamless Sleep is characterized by the presence of Cause but with the absence of the Effect. Therefore it may be said that the “*unmanifest seeds*” of, or *potential* for, Ignorance is present but not the Effects of such Ignorance.

In the Deep Dreamless Sleep there is only the non-perception of Reality, while the *projection* or *hallucination* of Multiplicity & Form are absent. The Self, Existence-Consciousness, is free from both Cause & Effect. In Self-Knowledge, neither the Veiling *avarana* of Reality nor the Projected *vikshepa* Illusion of Multiplicity, neither the non-perception of Real Being nor the mis-perception of Existence persists. The Self is itself & knows itself as it is.



From the dark, damp shadows of dying trees dripping with black moss, one of the arch villains with arched eyebrows, rumbled top hat and grungy body coat protecting him from damp chill, aims and fires a dark arrow that knocks the Good Elf delivery-man's hat off. That Good-Elf's head, narrowly missed reveals a healthier image with short pants contrasting with the Bad-Elf's probably rank and sweaty long coat and dirty white gloves. Battle has begun.

#14) Self Knowledge part 16:

[from Master Nome]

From Existence-Consciousness comes Deep Dreamless Sleep. From Deep Dreamless Sleep comes Dream. From Dream comes the Waking state. Each succeeding state occurs with the preceding state. All occurs within Existence-Consciousness. & that is what one truly is. So it is better to say that the states, & the Worlds that appear in them, are more within one's Self than that one is in those states of Mind (*Waking, Dream, Deep Dreamless Sleep*). Being beyond the 3 states, the Self is called “the 4th” (*turiya*), yet the Self is only One & its own self always (*turiyatita or even beyond the 4th*). The 3 states of Mind are only seen as 3 only so long as Consciousness is not known as it is. As Dream is to Deep Dreamless Sleep, emerging from within it, “*forming*” yet not really so, for both

are within the Formless, so too is the Waking state to the *Turiya* (the 4th) which actually pure Consciousness.

Turiya or the transcendent state, is just pure Consciousness. *Turiya* is beyond the 3 states of Mind, & *Turiyatita*, Consciousness, is beyond the “the 4th” state. Consciousness remains as the one Existence which is in, & which itself is the Natural Innate state always. None of the 3 states of Mind is consistent & ever-present. The 3 states are passing experiences. There are no aspects or phases for homogenous Consciousness, which is partless. Since it is Existence-Consciousness, the Self passes unaffected through those states, unmoved by the presence or absence of thoughts in any of their forms. The Self, being infinite, could not “pass” through something else. The 3 states revolve in the Self, not the Self in them. There cannot be anything but the Self other than the undifferentiated Self. The Self is infinite, detached, unaffected, Reality, devoid of mis-perception & non-perception, with no Cause & having no Effect. In final Truth, there no states, & no Mind, & the Self is neither a Cause, nor an experience.

Each thought may be regarded as affecting only other thoughts, since the Self is always the unaffected silent *Witness* of all the thoughts. Each thought has nothing that actually connects to another thought. All “*thoughts*” are supported by Consciousness alone.

Thought has no knowing power. A thought cannot know itself, not can it know another thought. No thought is self-existent. Each thought depends completely on Consciousness & is never known or experienced apart from Consciousness. Thought appears & disappears in Consciousness alone. So thought is just Consciousness viewed as thought. Thought is said to be a *mode* (*vrutti or wave*), a modification, or a form of Consciousness. Consciousness itself is forever formless, unmodified, & has no modes, since Consciousness is changeless & Eternal. There cannot be a form of the Formless, or a modification of Changeless. There cannot be a *mode* for Birthless & the Eternal. Thought has no real Existence. Thought is like a *snake* imagined in a *rope*, or *water* in a *mirage*.

Thought, both as particular thoughts & as *thinking* itself, is not an attribute of Consciousness. A true attribute would need to be along with that, to which it is attributed, always. Consciousness is not by nature, a thought. Nor does Consciousness have thoughts always. Therefore, thought is not the attribute of the attributeless Consciousness.

Thought cannot exist without Consciousness. Consciousness exists without thought. The self-existent is alone Real, & the dependent does not truly exist. Thus, in Reality, thought is unreal & the Self alone is Real. The unreal is not an attribute of Reality, the Self. The unreal is not experienced by Reality, which of the nature of Existence-Consciousness-Happiness. What is not Real, & what is not experienced in or if the Real, does not exist. Thus, there are neither thoughts nor states of Mind. One vast Consciousness alone exists.

The Mind does not bind the Self. The Mind does not define or limit the Self. The Mind does not divide the Self, & does not alter the Self. The Self is not bound by the Mind, because the Mind has no independent existence. The Self is not bound because there is nothing other than the Self, & so there is no Mind at all. The “*Mind*” is nowhere but in the Self, yet in the Self there is no Mind. The Self is not in the Mind, but the Self alone pervades the Mind to an extent that distinctions of *pervader* & *pervaded* do not exist.

Though thought exists only as the self, the Self has never become a thought & has never given rise to a thought. Thought is entirely unreal & does not exist at all. The Self alone exists & is *I-without-a-2nd*. The Mind exists nowhere but in the Self, yet there is truly no Mind in the Self. The True Nature of the Mind is only the Self. There is truly not Mind at all & the Self alone exists.

In **Self-Knowledge**, the revelation of the unmoving & the unchanging, lies deep **Peace**, absolute **Peace**, silent **Peace**. It is unaffected by the illusory **World**. It is unaffected by the illusory **Body**. It transcends modes of an illusory Mind. One thing to be sought, it is actually innate. Dive inward, inquiring to know who you are. Cast aside every objectified conception, so that the self-luminous Consciousness rests in its own nature as it is.

#15) Self Knowledge part 17:

[from Master Nome]

Self-Realization is the Ego-less state. Freedom from the Ego is the quintessence of Liberation. That Freedom is Abidance in the Self as the Self. The falsely assumed, individualized “I” is completely removed by Self-Knowledge, & the 1 true “I” of the “I” alone remains. This Self is referred to by the Maharshi, Ribhu, & other sages as “I-I”. That true “I-I” is the “I” in the statement “I am the Absolute.” In the Realization of the significance of the *Mahavakya* (*great aphorism*) of the Upanishad: “I am *Brahman*.” Adi Shankara explains, the entire notion of “I” is removed, just like the idea “a man is here”, conceived when mis-perceiving a *tree stump* in the darkness, is completely removed upon illumination being brought. *Brahman* alone is, & *Brahman* alone is, & *Brahman* alone knows *Brahman*. When the “I” is removed, all of “mine” is also removed since that is completely dependent upon the delusion of “I”.

The Ego is the root cause of delusion, illusion, bondage, & suffering. The Ego is the root of the Mind, the root of even the very idea of an existent Mind, & the root of all else. It is the 1st Illusion to be imagined & the last to disappear. The Ego is the cause, substance, & experiencer of all Illusion. Without the Ego, Illusion is impossible.

The Ego has no actual form of its own. Ego may be conceived as the experiencer, the thinker, the performer of action, the one who senses, the one who lives, the one who has attributes, & such. Ego is the concept of “I”, in whatever guise that might appear.

All Duality & Ignorance is from the Ego, by the Ego. & in the Ego. The Universe has no separate Existence, since the Self is all in all at all times, & is unmixed & transcendent of all Form. The Ego, however, gives the wrong view of Duality. The Body is not one’s home because the Self is unborn & bodiless. The Ego, however, gives the deluded view of the Self & the Body, as knotted together. Bliss is of the Eternal Self, but the Ego gives the deluded that Happiness is not present, not ever immediate as Existence itself, that Happiness must be elsewhere. The Ego appears as the “knot” between the Self, of the nature of Existence-Consciousness-Happiness, the “knot” between that Self & Form.

The formless Self, *Brahman*, is ever the solitary Reality, but the Ego gives the deluded view of existent Form, or something “other”, of a 2nd reality, which, namely, is supposedly the Ego itself. Yet when inquired into, to determine the nature of the Ego, the Ego with all that depends upon it, vanishes as unreal.

What & where is the Ego ? One should inquire into this deeply to realize the nature non-Ego state, which is blissful & free from all bondage & suffering. The Ego is merely a false notion – a bare assumption – of individuality, of a separate “I” which the supposition of differentiation from the Absolute. The Ego has no Form of its own. So to appear in any way, the Ego creates the Illusion of Form & attaches itself to that “Form”. The Ego itself appears as the mis-identification with & attachment to the unreal Forms of Mind, the Senses, the body, & the World.

Thus in the course of spiritual practice, when one destroys these mis-identifications & attachments, the Ego dissolves. The “I” notion is the separate experiencer. The individual knower, the embodied entity, the doer of action, & the notion of an “other”. The Ego itself is the concept of a separate Universe, in which it the “I” supposedly exists. Upon the Ego is based the illusory differentiation of the World, the Individual, & the Supreme (*jagad, jiva, para*). Those 3 are not 3, but only That non-dual Self. Only according to the Ego does the 1 appear to be 3. The 3 appear in the manner in which they are conceived.

The World & Thought are unreal, & so is the Ego. One sees the Ego’s guises & its appearances. Where is its Existence ? One sees its effects, but where is the cause ? If the Ego is real in any manner, it should be actually experienced. If the Ego is an entity, it

should exist somewhere. If the Ego is itself an Effect, it should have a Cause. One should inquire to determine if the Ego exists at all.



Reaching behind into his wagon to grab and toss a full bottle as a Goodness-weapon, the Good-Elf is set against an almost Taoist tableau of elegant fronds. When the bottle deliberately aimed above the Bad-Elf breaks on the gnarled old tree, some glowing Sunshine nectar lands on the Bad-Elf and “contaminates” evil old coat. Before his flight takes him back to his ramshackle Bad-Elf camp that contrasts with the Alpine charm of the God-elf hamlet, we see the Bad-Elf stumbling about useless, unproductive. Before panning in on one line of them as their mutter their counter-chant to the “Sunshine” chant, we note that in the lower-right corner of the camp, someone is dragging without friendly animal (cricket) power or wooden wheel, a bundle of wood-stick heating fuel for their shady damp grove without warming sunshine.

#16) Self Knowledge part 18:

[from Master Nome]

Is the Ego actually experienced ? The Ego has neither shape nor size & it has no physical attributes. The Ego is never perceived for one never sees, hears, touches, or has any other sensory impression of the Ego. The Ego is not the word “I”, no the particular though of “I”. Realized Sages who are fully identified with the true Self alone, may say “I”, but they neither give rise to nor retain any Ego. The Ego has no form of its own & is never seen by itself as it is. Though the Ego is an assumption of a division in Being, how can Being be dual or be divided in itself ?

The Ego “I” is not a quality or attribute of the Self, since it is not invariably related to the Ego. The Ego does not continue in Liberation or in Deep Dreamless Sleep. Since the Ego does not exist in those situations, the Ego must belong to something else & not to the Self. To what does the Ego belong ? If one inquires, one will find that the Ego belongs to nothing. The Ego cannot belong to whatever depends on that Ego. And the attributeless Self, being homogeneous & ever changeless, the Self will never have an Ego at any time. If the Ego were an attribute of the Self, the Ego would be Eternal. In that case, all Liberation, all Scriptures, all spiritual life, all spiritual practice, all sayings of Sages, & such would be futile & false. This would be absurd. It is better to give up the notion of the Ego than to hold to it as being real. The ego is not a temporary quality of the Self. The truth cannot be like the case of an unripe fruit becoming a ripe fruit. In that case, there would be 2 stages or states, for the Self, 1 with an Ego, & 1 without an Ego. The Existence of the Self is Absolute & immutable. If the Ego were ever the Existence, as part of it or sharing in the Absolute Existence in any way whatsoever, Existence would be changeful & transitory, & would cease to exist. Being is always Ego-less & Existence has no Ego whatsoever.

Where is the Ego ? The Ego is not in the World, which is unreal. The Ego is not in the Body, which is unreal & not the Self. The Ego is not in the Senses, which are unreal & not the Self. The Ego is not in Thought, which is unreal & not the Self. The Ego is not in Thought, which is unreal & not the Self. The Ego is not in the flawless, unmodified, perfect Self. The Ego is never actually experienced by itself & is not actually experienced in any of those factors like the World, Body, Senses, Thought, or Self. The Ego dwells nowhere.

The Ego is not a thing in itself & does not reside anywhere. The Ego is not inherent in anything. The remaining possibility is that the Ego’s supposed existence is an effect produced by something else. The Ego is not produced by the World, the Body, the Senses, the *Prana* (vital energy), of the Mind. Those produce phenomena, sensations; physical subtle, & mental experiences; & thoughts. The World, the Body, the Senses, the *Prana*, & the Mind appear after the Ego is differentiated. And so they cannot produce the Ego since an Effect does not produce a Cause. The Ego is not produced by the Self, which is the Absolute. The Absolute Self does not produce or create at all, but ever just is. That the Ego is said to rise from the “origin”, of “substrate”, of the Self is expedient teaching intended to guide those desirous of Liberation to the Origin, the one Substrate, in order to realize its Ego-less nature. Such instruction should not be interpreted as the Ego “really” being born, or the Self actually giving birth to the Ego. The Ego cannot be self-produced, for to imagine so would be to suppose its pre-existence, which is absurd. That would lead to the consequent question as to what caused the “pre-existent” Ego. This, in turn, would lead either to the delusion regarding the effects causing the “cause”

or modification in eternally, changeless Self. Possibilities of delusion or modification, have been already been negated by Inquiry, or reduced to an infinite regression.

But the Self alone is Infinite, & Causality is not real. One cannot actually recall when this root of Ego, the root of *Maya*, began, was created or was born. Though there is knowledge of perpetual Existence, which is of the Self alone. For never was there a time when you were not, & never will there be a time when you will cease to be. Thus, the Self is ever the Unborn – neither coming from another state or thing, nor giving birth to any state or thing – & the Ego is unborn since the Ego never comes to be.

This may also be regarded as the final significance of the Maharshi's Inquiry as to "Whence am I ?" graciously given to show the method of tracing inwardly from where the identity of "I" derives, as well as "Who am I ?"

How can there be the Ego's effect (*delusion*), as the supposed cause itself has never come to be ? The Ego is an assumption. But who assumes this assumption ? No one.

Who knows the Knowledge of the Self ? The Ego "I" cannot know the Self, since the Self alone is capable of knowing. The "I" is inert & the "known" is a mere notion, a vacuous imagining, & an assumption that is non-existent. There is no Ego to be ignorant, or to be bound. There is no Ego to attempt to know the Self, or to return to the Self, or to unite with the Self. The Self is what you are, & it is innately Ego-less.

Being is forever undefined but realized as "I".
The Formless is real & infinite.
There are no forms within it & none beyond it.
There cannot be 2 that are formless.
There cannot be non-duality with forms viewed as forms,
& there can be no duality in the Formless.
Both the appearance & disappearance
of a thing or a thought are forms. The Formless is neither.
Where there is plurality, one sees only false appearance,
where there is non-duality, one see clearly & truly.
All forms arise from, appear in, & dissolve into the
impartible, indivisible, formless Reality.
No form can yield the Formless,
forms can give rise only to other forms.
The Absolute is formless & non-dual.
There is nothing outside it & no "outside."
Nor is there anything within it.
Do not mistake a definition for Existence itself.
Neither dualism nor a concept of unity is the Non-dual Truth.
Non-objective Being is neither a multiplicity,
nor one-in-many, nor many-in-one. It is impartible.
Being & Consciousness are one & the same.
That which is real ever is, continuously.
What is discontinuous is never real.
Every form is dependent on something else to be experienced.
Being, which is Consciousness is nondependent.
What is dependent is unreal. What is Self-existent is real.
In relation to all things, Consciousness is the witness.
Seen clearly as it is, Consciousness is formless, &
there has never been an objective thing;
there is neither knower nor anything known.
Being can never change its nature.
Being has no attributes. It is the Void, Brahman,
forever free of definition.
It is called the Self because it is your very Being, who you are.
It is called Being because it always is, timelessly,
& can never cease or be destroyed.
It is called Consciousness because it is nonobjective
& can never be a known or unknown object.
It is called supreme love because
it surpasses all emotion & is indivisible.
It is called Bliss because it is full with exquisite perfection
that can never be flawed or deficient.

#17) small tour of Mt. Olympus:

We can quickly review & dismiss the more popular Olympians, by tracing them from Gaia (*Earth*) & Uranus (*Space*), [*~ like the common Land & Sky of other mythologies*]. This primal couple begat Titans (*pre-gods, asuras, demons, giants* – depending on one’s perspective) who including Mother Rhea & child-eating Cronus (*Roman Saturn, not Chronos – Time*). By Rhea’s trickery, Zeus (*Roman Jupiter*) escaped infanticide by cannibalism, & went on to rule the Sky as Thunder, Thor, Indra, Yahweh. His brothers ruled the Sea – Poseidon (*Neptune*) & the afterlife – Hades (*Pluto*). With Hera (*Juno*), Zeus a 3rd generation deity begat the 4th generation War-god Ares (*Mars*) who cuckolded the ugly, deformed blacksmith Hephaestus (*Vulcan*).

Of course, we’ve covered the outer planets so far, with Vulcan (*home-planet of Mr. Spock*) was the mythical Lagrange point “twin” of Earth, stably hidden from us on the other side of the Sun at all times. Moving to the next inner planet, Venus (*Greek Aphrodite*) we find the Love-goddess, married to Vulcan, but the one with whom Mars dallied. We only get the 1st planet Mercury (*Hermes*) as the love-child of one of countless dalliances of Zeus, in this case with Maia, the Nymph (*not necessarily nymphomaniac, but not necessarily not so*). Who can say whether Maia’s name was at all influenced by India’s *Maya*, but all the Indo–European civilizations shared the same gods (as with Zeus, Thor, Indra, Yahweh).

But for now we focus on another Titan, rather than Cronos, namely Iapetus who mated with Asia to produce Atlas & 2 other sons on whom we focus this time. Atlas, of course, like Homeric Ajax came so early in alphabetical order that both were destined to name countless blue-color businesses from trucking companies, bowling alleys, plumbers, soap, & so on. More cultured, & with some kind of Biblical leanings, some companies use the name even better (*earlier*) name Aaron, while a few oddballs may have trumped that with Aardvark.

Such momentous heritage aside, the other 2 boys of note were Epimetheus (who unwisely married Pandora) & Prometheus. This other 4th generation deriving from Zeus dalliances included by other mates, Olympians such as the previously mentioned Hermes (*Mercury*), Dionysius (*Bacchus*), Apollo (*Sol Invictus*), Artemis (*Diana*), & Athena (*Minerva*). But Epimetheus & Prometheus were closer together in heritage & in name.

Epimetheus is Mr. Business, but not in the tycoon, investment bank, corporate raider, captain of industry sense. Those personality types (*ala Plato, Jung, Sheldon, Meyer-Briggs, etc.*) are more closely allied to the (*Mars / Machiavelli – oriented*) dictator, gangster, quarterback, general, psychopath, etc. No, Epimetheus is Mr. Business in the sense of the bean counter, accountant, executive asst. – secretary, middle manager – full of literalness, territoriality, organization, enduring patience, immunity to boredom, etc. Immune to boredom perhaps, but boring is he/she – *the least interesting man in the world*.

Prometheus steals Fire, for mankind, invades the secrets of Nature & unleashes terrible power – for which he is severely punished. Adventurous yes, the Scientist, but ultimately, tortured & gloomy, the destroyer of worlds & destroyed by the power he unleashes – because he does so irresponsibly, driven by Ego & one-up-man-ship, pride & genius without true Philosophy or due reflection for the consequences, ultimately, without Self-Knowledge. From gunpowder, fossil fuel engines, electricity, & drugs, he moved on to nuclear power, *IT*, *VR*. Robotics & *A.I.*, nano & biotech, enhanced linear intelligence, he hands Power over to the above-mentioned (*Mars / Machiavelli – oriented*) bullies. He is

rewarded with an *atta-boy* pat on the head, & God help the fellow humans, the down-trodden masses, yearning for social & legal justice.

Fitting was the movie title *Prometheus* – gloomy & diseased by unguided power. Counter to right-wing alien (both kinds) paranoia, the New Age soothsayers were well reflected by Sagan (*Contact*), Clarke (2001), & Spielberg (*Close Encounters* & *ET*) movies – evolved Intelligence would be most likely accompanied by evolved Spirituality. But do we see any such trend even *starting* in our century ? (conceding to some extent *Shrodinger & Einstein, Wigner & “who ?” – Fritjof Capra perhaps, but not a real player, any more than Bose, Amit Goswami, etc.*). Certainly not Ray Kurzweil & the elitist gang – too much Ego for deep Spirituality. No, any Power in the unreal World need have no correlation with spiritual depth – hence the gloomy destiny of the *Prometheus*, the Olympian myth & the movie’s “engineers”. Real “power”, that of Consciousness – Bliss derives from Self-Inquiry & identification, not with a powerful embodied Individual, but with ego-less *Brahman*.

Pride Of Man (by Hamilton Camp, also sung by *Quicksilver*, Lightfoot, etc.)

[about Prometheus, Baghdad (*Babylon*), the Manhattan Project, the 2nd evil empire the USA]

Turn around go back down go back the way you came.
 Can't you see the flash of fire 10 times brighter than the day
 And behold the mighty city broken in the dust again
 Oh God the Pride of Man, broken in the dust again.
 Turn around go back down go back the way you came.
 Babylon is laid to waste, Egypt's buried in her shame.
 Their mighty men are beaten down, the kings are fallen in the ways.
 Oh God the Pride of Man, broken in the dust again.
 Turn around go back down go back the way you came.
 Terror is on every side, lo the leaders are dismayed.
 Those who put their faith in Fire, in Fire their faith shall be repaid.
 Oh God the Pride of Man, broken in the dust again.
 Turn around go back down go back the way you came.
 Shout a warning to the nations that the sword of God is raised.
 On Babylon that mighty city, rich in treasure wide in fame.
 It shall cause thy towers to fall & make it be a pyre of flame.
 Oh God the Pride of Man, broken in the dust again.
 Thou that dwell on many waters, rich in treasure wide in fame,
 Bow unto a god of gold, thy Pride of Might shall be thy shame.
 Oh God the Pride of Man, broken in the dust again.
 And only God can lead the people back into the faith again.
 Thy holy mountain be restored, thy mercy on thy people Lord !



Some with ugly long noses leading their marching tread, hands clasped behind, others responding in their chant: “We’re happy when we’re sad, we’re always feeling bad. How are you? Terrible! That’s fine. We’re happy when we’re sad.”

#18) Incarnations of Vishnu allegory:

The Incarnations of Vishnu allegory of Evolution is not an original thought, but the specific slant offered below is a bit different than other versions. Speaking loosely throughout here, for the sake of discussion, we can start with a rough comparison which poses *Vishnu* as the “2nd Person” of a Hindu “Trinity” with *Brahma* as the “Father” & *Shiva* as the “Holy Spirit”. The correspondence is not exact for is any such

treatment the very highest use of the Indian divinity names. What can be said is the, as with the *Deluge*, the *rider on a pale horse* mentioned below, are a few more of some hundred of correspondences between Biblical references & older scriptures from which they may have been borrowed & altered.

Reviewing 1st the basic Evolution allegory, we see the most ancient incarnation of God Immanent (the “2nd Person”), long before human form was “available”, as the divine Fish, *Matsya*. As the oldest instance of Divine Incarnation, one could only presume that mythological lore does not “record” any earlier Invertebrate forms. The aqueous environment of that tale befits one of the episodes, that of saving the World from a *primal Deluge* such as later found in Chaldean scriptures & the Epic of Gilgamesh, & far later in the story of Noah. [*quick supposedly actual school story – a history test question answered by some kid as “Noah’s wife”, the question being: “who was Joan of Arc ?”*]

Next comes the 2nd Incarnation, *Kurma*, the Turtle who remains aquatic, as amphibious Reptile now, to essentially establish “the Ocean of Bliss” so-to-speak [*as warned, taking some liberties with the traditional*].

Heroic battle now becomes the Redemption theme, starting with the 3rd Incarnation, the omnivore Mammal *Varaha*, the Boar. Heroic battle once more continues, against *demonic* forces (*actually Titan – Asuras, who as “Ah(s)ura Mazda” was Zoroastrian “God”*). Even “demon” from the Greek *daimon* δαίμων meant “god” as cognate to the Indian *deva* from which comes “divine” anyway. With the 4th Incarnation, we upgrade from 4-hooves to the higher predator Mammal, the Lion, *Narasimha*.

The 5th Incarnation is traditionally the Dwarf, *Vamana* whose foe is again a demon king who symbolizes the lovely resort island of Bali. But we’ll take a wild leap here & conjecture that this diminutive Primate (*when seen in the historical context that follows*) was actually pre-human, Simian. Be that as it may, the Evolution allegory continues.

The 6th Incarnation is the essentially “paleolithic” *Rama* who bludgeons his enemies (*kind of like a “cave-man”*). The 7th Incarnation is the more “neolithic” *Rama* who is a pre-agriculture, tribal archer “hunter-gatherer”. Tribal aspects, like his Flute, & dark Dravidian (*pre-Aryan*) complexion, marks the 8th Incarnation, *Krishna*, a herdsman at the dawn of human civilization. The fully civilized 9th Incarnation is *Buddha*. Now Buddhist seek to extract him from the list, as do many Hindus who substitute such as *Balarama* ahead of *Krishna* in order to fill the list without *Buddha*.

In any case, a last Biblical correspondence (*for now, for actually Krishna or “Christna” has dozens of pre-Jesus correspondences*) shows up with the yet-to-come 10th & last Incarnation, *Kalki*, who “rides a pale horse” to an “Armageddon” representing the usual Apocalyptic bad *karma* of humanity evolved to having too many, too destructive weapons.

All of the interesting foreshadowing aside, that of Ancient Greek schemes of Evolution, which long pre-dated Darwin, out different slant here is that such ancient religious mythologies actually tells another important tale. The World, as *world*, is an unreal Perception, by an unreal Ego. Truly, all of Reality is Divine – *Brahman*. “Divine Incarnation” is but a small hint. If playing that one out at all, working backwards in Time, there is no reason to stop just as one, as in Jesus, nor even to stop at humans, early humans, or even pre-human expressions of Consciousness. Why only go back to a Fish ? In any case, “Divine Incarnation” is but a small hint at the greater Truth that all of Reality is Divine – *Brahman*.

Consciousness, which is the knower, is never defined by the known.
That in which the 3 states of waking, dreaming, & deep, dreamless sleep,
with all that they contain, appears, as the illusion of motion in
That which is ever still, of form in the Formless, or a modification in
That which is immutable, is the Reality of infinite Consciousness.
Consciousness requires no light other than itself to illumine itself.
The entire manifestation is rightly said to be only one small corner
in the infinite, formless Consciousness.
Examining a corner to see what actually is the corner,
it reduces itself to a single conceptual dot.
That dot is the notion of an "other," a "second." In Ultimate Truth,
as there are no corners in space, there is not
a single objective thing in the Reality of the Self.
Negate the attributes superimposed on the Self
& the concepts about the Absolute, & realize their identity.
The Self is: in all sentient beings,
the Consciousness which is their Being
in all things, the unseen Existence which is; in all locations, the space;
in all space, the vastness; in all time,
the endlessness, in every heart, the Love.
Veiling & differentiation are the characteristics of ignorance.
As dimension of depth of the image in a mirror does not truly exist,
so differentiation does not exist in the one Self.
Meditate on Consciousness without an object.
If you ask yourself what do you know for certain,
you will release all ideas & form & abide in ever-existent Being.
There is no creation & no destruction, no birth & no death,
no bondage & no liberation from bondage, no ignorance & no knowledge,
no path & no achievement, none ignorant & none who know,
no one bound & no one striving to be liberated & no one liberated.
This is the highest final Truth.

#19) Atmananda 11:

An enlightened Sage is one who has experienced that the "I"-principle, or Consciousness, is the only subjective & objective reality. In all apparent activities, he is concerned with Consciousness alone. When one's attention is directed to Consciousness, the material part of Perception drops away as unreal. It is after every Perception that we are to emphasize the Consciousness aspect of our activities. I know my Actions, Perceptions, Thoughts, Feelings; & I know myself also. So I am the ultimate Knower always. But

when I look from my own level of the “I”-principle, the known disappears altogether & the knower-ship also ceases.

When the Sage takes to any activity, that activity is seldom preceded by a volition of the will, all his real interest being in Consciousness alone, which is involved in the activity. His deep conviction, that Consciousness has not undergone any change by all these apparent manifestations, keeps him at his center & never disturbs him, as it does others. Just as the gold you purchase does not undergo any change in itself by being worked into a ring, so also Consciousness does not undergo any change by merely appearing as objects.

To a Sage, it might sometimes happen that from the 1st formless manifestation of Consciousness, he might go back to the unmanifested Consciousness itself, without coming to object Perception at all. Manifestation (or being known) implies Consciousness. When you say ‘Consciousness “manifests itself”, immediately your attention is drawn to the Consciousness part of it. So also in the manifestation of objects. All manifestation proves the Consciousness of Reality aspect beyond doubt. Whatever is perceived can be explained only in terms of the instruments used for the purpose of that Perception. So their findings cannot be final. When, however, you withdraw to the ‘I’-principle, or Consciousness, & examine the thing through it, the thing is found to be Consciousness or the “I”-principle.

An instrument as such can never be the Absolute. The “I”-principle is taken as an instrument only conventionally but is really no instrument at all. Nor can it be a functioning principle.

To a Sage, the manifestation of Consciousness with or without form has the same significance, & both are immaterial so far as he is concerned, since he is always at his real center.

I perceive objects through the Senses.

I perceive the Senses through the Mind I perceive the Mind by the Self.

I am therefore the ultimate Perceiver in all cases.

When I look back, the perceived disappears & is transformed into Consciousness.

When the perceived disappears, perceiver-ship ceases & I remain as pure Consciousness.

Witness-hood or knower-ship is only in the relative sphere.

But when the objective World is explained as Consciousness itself.

I then also get to pure Consciousness & the witness-hood then vanishes.



One of their perched sentinels is an evil-looking scrawny owl, the next one seen a bit later will be a squawking crow. But this owl hoots like a baby rooster and warns of the “contaminated” Bad-Elf with distilled Sunshine glowing off his coat. When he arrives, all doors and shutters close as the camp of Bad-Elves seek to ward off the blinding and “toxic” glare off his coat, until he thinks to strip off his coat, dig a hole and bury the luminance.

#20) Atmananda 12:

[selected from Atmananda's Atma Nirvritti]

AN 1 Atma Nirvritti (*Self beyond Thought*)

It is the Mind that has thoughts & feelings, not I.

Birth, growth, decay, & death pertain to the Body & not to my Self.

I am no Body – I have no Body.

I am no Mind – I have no Mind.

I am no Doer – I am no Enjoyer.

I am pure Consciousness which knows no dissolution.

That which shines just before & after every thought & feeling is the "I".

That is the objectless Consciousness; that is the Self.

It is that Self again that shines as Bliss in Deep Dreamless Sleep & also when a desired object is attained.

The World shines because of my Light.

Without the Self, nothing exists.

I am the Light in the perception of the World.

One's very sense of Identity, sense of Existence must abide as, be absorbed in that Existence which is Absolute. No longer think of oneself in any manner whatsoever. No longer imagine oneself to be limited by, or defined by anything conceived in the Mind. One is the Existence. Let there be no mistake.

#21) Atmananda 13:

[selected from Atmananda's *Atma Nirvritti*]

AN 2 Fundamental Doubt about Consciousness Removed

He, who says that Consciousness is never experienced without its object, speaks from a superficial level.

If he is asked, "Are you a conscious being ?", he will spontaneously give the answer "Yes". This answer springs from the deepest level.

Here he doesn't even silently refer to anything as the object of that Consciousness. This proves that the Consciousness he refers to is objectless Consciousness.

He who says, "I have Consciousness", or "I am conscious", is separating Consciousness from the Self. This is surprising.

What is not Consciousness comes under the category of the known. The "I" is always the Knower & can never be the known. Therefore Consciousness & the "I" is always the "I" are 1 & the same.



Stamping the Goodness down, he rings the alarm and the war between Good and Evil, Happiness and Sadness is on full tilt. The Bad-Elves gather around their subterranean well of dark waters of Gloom. We see foul toxic vapors arise and grim slimy dark reptiles slither out over the edge. Here they will fill up their own dispensers to oppose the bottles of Sunshine the Good-Elves will use. In purely Green Party irony, they will sprays their toxic fluid Gloom with small garden push-plunger Insecticide and Weed-killer dispensers, like the one that killed the *Godfather* in his tomato garden These disappeared in the 1950's when that bit of elbow-grease effort became too much and halogenated hydrocarbons aerosol cans replaced the hand-pump dispensers. Why contaminate just the ground, water, and plant-food supply, when you can break the Ozone Layer at the same time with the aerosols. Crop duster airplanes of course did a good job too, and young crop-dusters became fighter-pilots and later the 911 jet-hijackers. Another good one was the DDT jeeps jetting cabin sized clouds of dense white insecticide behind the jeeps curving down rural streets. As kids we used to fun behind those jeeps and giggle in the funny white clouds. Parents eventually mildly suggested we not do so, with no fear that danger could lurk in those fumes because "they", the authorities, would never let that happen. Right. We use to play with mercury from broken thermometers too because nobody told us not to. With windows closed all Winter, both parents smoked 4 packs each, of Camels unfiltered. This cartoon was an environmental Parable in a society that wouldn't get it until a quarter and then a half century went by.

#22) Atmananda 14:

[selected from Atmananda's *Atma Nirvritti*]

AN 3 *Seeing & Hearing*

Unless there is Seeing, there is no Form.

Form has no independent existence & is therefore the Seeing itself.

If Form is itself the Seeing, how can one see a Form ?

Therefore what is *Seen* is not Form but something different.

Likewise, objects of the other Senses (*sound, touch, odor, taste*) are also mere Sense Perceptions (& *not real objects*).

Because Hearing is itself Sound, no one hears a Sound.

This truth applies to all the sense objects.

If therefore, a searching Inquiry is made to know what it is that is really perceived, it will be found that it is the Absolute Reality itself.

If it is the Absolute Reality that is perceived, how can the illusion of a World exist thereafter ?

The Desire for Happiness comes from deep within. It is an intuition that Bliss is one's natural state. Bliss includes Peace with no disturbance, Freedom with no Bondage, & Perfection, with nothing incomplete. The Source of Desire does not derive from external phenomena of any kind. That Source of Desire does not derive from objects, circumstances, other beings, & such. There is, therefore, nothing external that is *alluring*. Desire, itself, is not a bodily sensation. Desire does not consist of particular thoughts, though particular thoughts constituting images in the Mind may appear & be those by which the Desire manifests (*image of delicious food, sex object, etc*). The Desire itself is simply the urge from within to be in the *Natural State* of limitless Bliss.

The intensity of Desire is continually *surging* forth. That surging cannot be *subdued*, & the attempt to do so would merely be an unsuccessful attempt to indirectly fulfill the Desire (*by squashing it*). Desire *can* be fulfilled by Self-Realization, which is Abidance as Bliss itself. Bliss is of the very nature of the Self, & the Self is truly without any Desire.

- (1) When the Self is not known &
- (2) by delusion, the 1st Suffering becomes possible, & when,
- (3) with the appearance of the false Individual "I",
- (4) the Natural State seems lost, then
- (5) that very Bliss of the Self manifests as the intuition of one's Natural, True State, &
- (6) this appears as the Desire for Happiness.

#23) Atmananda 15:

[selected from Atmananda's *Atma Nirvritti*]

AN 4 *Knowledge Always Unconnected with Objects*

The Knowledge of a thing does not prove the thing's existence.

Is there not the Knowledge of a "serpent" in a "rope" &
the Knowledge of objects in a Dream ?

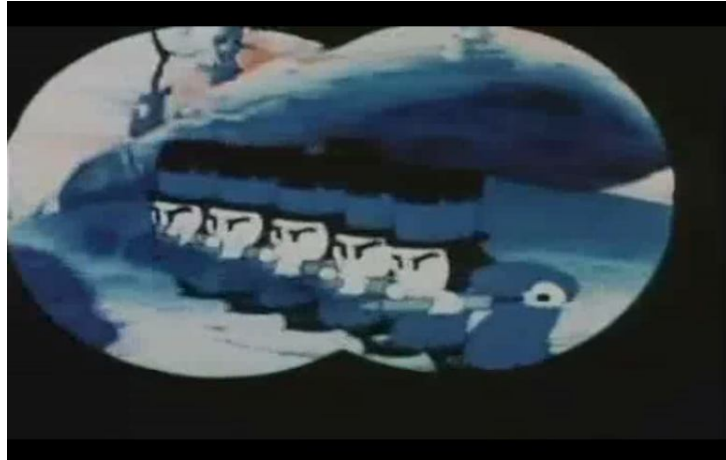
The Knowledge of a thing does not prove the thing's nature, but only shows Knowledge.

One is great who sees "light" (Consciousness) alone in the manifestation of all objects.

Whether the objects are present or absent,
he who has seen pure Consciousness stands in it always.

This truly is his own abode. That abode of Consciousness is
changeless, carefree, truth, all-harmony, peace, holy, & most exalted.





Binocular view of marching line of Bad-Elves randomly spraying as they walk. Those canisters must have greater capacity than they would seem. The binoculars were held by a Good-Elf lookout sitting in a tall daffodil.

#24) Atmananda 16:

[selected from Atmananda's *Atma Nirvritti*]

AN 5 *Background of Objective World*

Sound, form, touch, taste, & smell can never exist by themselves.
They always need a background to support them.

The Background cannot be seen by the Sense-Organs.

Names are usually given to the Background without its Nature being known.

There is a scent & the beauty (*form*) of a flower.

But who actually knows what a *flower* really is ?

There is the same Ignorance regarding the Background of every Sense-Object.

The Substratum of All is 1 & the same.

Diversity is only a characteristic of things perceived.

The Substratum remains unperceived.

Therefore there is no Diversity in that Substratum.

That Substratum is Existence itself.

That Substratum is one's own Self.

That Substratum is Consciousness pure, beauty transcended, & the abode of Peace.

The experience of Happiness should be comprehended in Wisdom so that one does not superimpose what is not actually the experience of Happiness upon actual Happiness. The Joy felt anywhere, ever, is the *shining* of the Self. Yet, in Ignorance, such is accompanied by superimposition of inert, unreal Forms (*particular, objective, circumstances*) upon the experience of actual Happiness. When the experience of Happiness is accompanied by the Delusion of superimposition of Forms (*particular, objective, circumstances*), the experience of Happiness appears as if momentary, limited, & dependent. When the experience of Happiness is without such Delusion, the Self itself shines as vast, unlimited Bliss, which is Self-existent.

Happiness is always a *subjective* experience in which the Ego diminishes along with its attendant Notions. Thus, because it destroys the Ego & those Notions by the revelation of their unreality, leaving the ultimate *Subject* unconcealed, Inquiry to know the Self yields the most profound Happiness. To set the experience of Happiness free of limitation, the Experiencer must be free of limitation, that is, free of mis-identification with Form. Then one abides in infinite, unending, intense Bliss, which is so intense that even the memory of Suffering & sorrow is erased.

All the superimposed Forms (*particular, objective, circumstances*) are of a Sensory or Mental character. The experience of Happiness is not a Sensation, like seeing, hearing, etc. It is not a thought or a collection thoughts. It is of a formless nature, shining at the same depth from which the Desire springs, at the very Source of Happiness itself.

#25) Self-Knowledge 19:

[these selections from Master Nome's *Self Knowledge* are here followed by some verses adapted from *Mandala II* in the same volume]

[from *Master Nome*]

Always there is *1* Reality. The Non-Dual Self. All Illusion arises without a cause & such Illusion vanishes in the Knowledge of the Self. Self-Knowledge, or Self-Realization, is the Natural State, the only real state there is. Being is forever immutable.

The Self is the Source of all. All depends on the Self & appear in the Self. The Self is the Beginning. The Self is that which pervades all. The Self is actual Existence of all. The Self is the Middle. The Self is that into which all dissolves. The Self is the End. The Self, being Universal, is all at all times.

The Self is solid Existence, invariable, unmodified, indestructible, & ever still. The Self is ever-shining Consciousness, the long sought Happiness, the invariable perfect fullness (*Purnam*), & the Bliss of the Sages. *Existence-Consciousness-Happiness* is the Self of the Sages, the Self of spiritual aspirants, the Self of the *Guru*, the Self of the disciple, the Self of all.

Knowledge is Being. Being is Knowledge. There is no Duality there. That is, in this there is no Knower & no Known, & no being one thing & knowing another. There is no Ego in this Knowledge. This is Ego-less Knowledge. This Knowledge is not a thought. This is transcendent Knowledge. In this Knowledge, the Self is itself the conviction & certitude of itself. The Self, itself, is the depth & power of meditation upon the Knowledge. The Self, itself, is the real Teaching & the final proof of itself. The Self, itself, is that which is to be Known, the Knower himself, & the Knowledge itself. The Self, itself, is the revelation in the ineffable *Silence* of Dakshinamurti & Sri Ramana Maharshi.

The Self has no states or degrees. The Self is not bound, no striving for Liberation, & not liberated. The Self is never bound & there is no separate state of Liberation. There is, in the Self, no coming into being of Illusion & no ending of Illusion. In Self-Realization, no new thing has been attained, nothing has been made more pure, nothing has been produced, nothing has been acquired, nor has any been transformed. What is, stands self-revealed. The possibility of Bondage, with its concomitant Suffering, is no more. There is no unreality & no one to imagined it. In Self-Realization, there is no change of states, between active & inactive, or between thought & its absence. Only 1, uncreated, unchanged Existence is. In Self-Realization, there are no degrees of any kind. There is not Liberation while alive, contrasted with Liberation after disembodiment. There is no individual “I”, no perception of forms, & no disappearance of the perception of forms. In this wakeful Bliss, there is nothing further to be accomplished.

The Self is Non-Dual, like Space, Formless, Infinite Being, Void, Uncreated, Timeless, & Ever-existent. The Self is just as it is. And the Self alone is. This “ever is” is the significance of spiritual, Non-Dual *Silence*.

[verses adapted from *Mandala II* in the same volume]

Consciousness alone ever is. Being & Consciousness are 1 & the same. Subtlest, vastest, self-luminous, Consciousness ever is. None knows Consciousness. Consciousness

knows all. Consciousness knows itself. Only Consciousness can know itself. Nothing else can do so. Consciousness requires no other Light, other than itself, to illumine itself. Consciousness alone ever is. Just as the *Sun* does not cease to shine, when a *cloud* passes before it, Consciousness shines uninterruptedly, beyond all concepts of obsuration. Never is there a cloudy day for the *Sun* itself. Identify with the *Sun* of ever-shining Consciousness. That Consciousness which illumines thoughts, Sensory perceptions, & all experience is itself known by none of these. None knows Consciousness. Consciousness knows all. Consciousness knows itself. Consciousness alone shines, formless & infinite. Consciousness alone ever is.



As the Good-Elves mobilize, we see in the background one of their Sunshine-Bottle cannons, hollowed logs mounted on a stump, with an ordinary rubber band (gigantic to them) being stretched behind the log and then artfully snapped to propel the bottles out through the log from the mountain perch down onto the Bad-Elf camp. When a Bad-Elf is hit and doused with some Goodness from a Sunshine-Bottle strike he is transformed and letting his fellow run along, he is mirthfully immobilized with joyful laughter of Happiness.

#26) Self Knowledge 20:

[from Master Nome]

Absolute Reality, which is Infinite & Eternal, can be realized so that one “abides” [*at one with, remains immersed*] in that Reality, as that Reality, always. To thus realize is to

abide in lasting Peace, complete spiritual Freedom, & perfect Happiness, which is spiritual Bliss. The way to do this is to know oneself. For if one knows oneself as one really is, that itself is indeed the Absolute & not what one might have mistakenly conceived oneself to be. Regardless of whatever be the spiritual practices in which one may engage, eventually one is brought to this: the importance of knowing one's True Nature as it is. Self-Inquiry is characterized by asking within oneself: "*Who am I ?*" Self-Inquiry entails keen discernment of what one is & relinquishing of ignorant Mis-identifications.

Reality is ever existent. If one perceives something that has appearance & disappearance, that is but a temporary thing. If one examines the experience of that temporary thing, one sees that that thing is not Existence itself, but only a false appearance of Existence, a mis-perception of Existence, or an Illusion based upon Reality. But such cannot be Reality itself, for Existence does not come, or begin & go, or cease to exist. To know Reality as it is, one must cease to regard as real what are only mis-Perceptions or Illusions.

The Self is the Reality, ever-existent, unborn, imperishable, limitless, & formless. The Self is identical with the Absolute. If one does not experience the Self as such (*the Absolute*), that is simply due to lack of Self-Knowledge. What obstructs Self-Knowledge is one's own adherence to Ignorance about the Self. If Ignorance ceases, Self-Knowledge shines, & one's Being is left in its true state. Ignorance consists of Mis-identifications regarding oneself. With Mis-identification, there seems to be 2 – an Absolute Self & an individual self. The Non-Dual Teachings of Self-Knowledge are intended to remove the false differentiation, by dissolution of Mis-identifications. Mis-identification starts with the assumption of being an individual entity, a separate "I", & consists of defining this "I" in a variety of delusive ways.

Thereupon follow the Mis-identifications with the Mind or Thought, with the Life Energy or *Prana*, with the Senses, with the Body, & then with various things in the World or relations to them. From these then arise all kinds of modes of Mind, emotions, & "Bondage" (*binding limitations*) of all sorts that create Suffering. One may finally recognize that the source of Happiness & Peace is within. One may finally recognize that Suffering is not produced by external factors (*such as other people, objects, & circumstances, or their absence*) but is created by one's own delusion. He or she then commences a path to Self-Knowledge. Proceeding to actual Self-Inquiry, within oneself, as to what *One* is, that is the spiritual Practice. *Listening* [*shravana*] to the Teaching pertaining to Self-Knowledge, *Reflection* [*manana*] upon them, & deep *Meditation* [*nididhyasana*] in order to be absorbed in their essential meaning, all that supports the Inquiry to know the Self – Self-Inquiry. Eliminating Ignorance, or Mis-identification, by such Self-Inquiry results in Self-Realization. Which is freedom from delusion regarding the Self, or Reality.

One should know that the Self is not made of matter & is therefore not the Body. The idea of being the Body occurs only in one's Mind. All Delusions are created & sustained only in the Mind. They are not physically caused. The Body does not produce Ignorance & Ego, & such. So, one should quest within the Mind itself, transcending the Mind, while destroying the Mind's Illusions. Spiritual Practice is with the Mind & addresses the Mind so that Consciousness alone remains. To see Illusion as illusion, to see Ignorance as Ignorance is sufficient, & most effective for clearing the way to experience Self-Knowledge.

[verses adapted from *Mandala II* in the same volume]

The unknown Knower of all that is known, the Supreme Knowledge itself, Consciousness remains undivided by the triad of Knower, Knowing, & Known. Consciousness can never be a known or unknown object. Consciousness is the Witness of all, the only Knower. Consciousness, the Knower, is never defined by the Known. Consciousness, the Witness of every state, of all thought, is not defined by thought, nor contained in any state. The Witness is never known. Consciousness is ever non-*objective*. Consciousness is formless – with nothing *objective* within or without. Unknown, Consciousness alone is known. Not a process of knowing, Consciousness alone is knowing. Not a knower, Consciousness alone is the Knower, the unknown Knower of all that is known.



[#27\) Life Matrix 1:](#)

row, row, row your boat

Gently down, the stream, merrily, merrily, merrily, merrily, life is a but a dream. Folk wisdom can be right on the money. When asked by Bill in their *Excellent* or *Bogus Adventure* to spout philosophy to Socrates, Ted drew from the only education he had, pop culture, & more narrowly, rock & roll lyrics. So Ted responded: “*We are only dust in the wind.*” Much in the same position, let me draw on what Ted grew up to become, Neo in *The Matrix* to say that yes, “*We are only dust in the wind of Consciousness.*” That dust is the substanceless thought forms that comprise this Waking state world Matrix, the illusion in which we seem to be trapped as virtual reality characters. To escape, the right colored pill is “*Know thyself*” as urged by the historical Socrates. This was a teaching he partially understood from Parmenides of Elea, a true Sage who had escaped the *Matrix* we call this Waking state World.

It matters not that this *Matrix* action trilogy has the essential philosophical content decrease logarithmically with each sequel. *The Matrix* analogy serves well to get the ball rolling. Life is a *Matrix*. This Latin word for “mother” is otherwise known as the web of *Maya*. *Morpheus* tells *Neo* that sense experience consists solely of electrical signals. We know these electrical signals in Sense Nerves stimulated by Sense Organs are unleashed by physical vibrations of light, sound, pressure, & so on. But all the books we read & the instruction we hear about electricity, body cells & organs, light, sound, & pressure comes through these same Perceptions. So the Sense World can only be established circularly & thus remains unproved. Proof cannot be found within an illusion to affirm or deny that illusion. *Morpheus* rhetorically asks *Neo* if has ever had a Dream that was so real he could not know it was a dream. What if that dream did not come to an end ? *Morpheus* also tells Neo that no one else can convince us that illusion is such. One must experience directly by somehow stepping our beyond the *Matrix*. The Guru offers the “pill”, that is in some other way, direct you down “*Alice’s rabbit hole*” to experience for yourself.

The Matrix

Matrix is the Latin word for “mother” which is the “*matrix*” used in Mathematics & Science. In the way that an ordered pair or vector expands a single number or variable into a linear string of components, a matrix expands a vector into an array of two or more dimensions. Physical sciences refer to as “*matrix*” any substrate that contains an array of included substances.

The cover story of *The Matrix* film concerns betrayal by Artificial Intelligence which has taken control of an earth now devastated by extreme climate breakdown into a stormy hell. When Artificial Intelligence first rose to ascendancy, petro-fuels had to give way to solar energy for driving the machines. But now climate breakdown & eco-destruction has lead the now ruling machines to use the only surviving species, the human race, as an energy source. The humans are kept in a sleep state. Pod-bred & gestated, the vast number of humans are maintained by the machines as permanently sleeping bio-energy sources. To fully pacify the human “batteries” in their sleep, Artificial-Intelligence programmed a Virtual Reality dream-world in which the tube-impregnated & wired sleeping humans dream they are living. A few, like the heroes in the story manage to wake up from this illusion & rebel against the machines.

Past the analogy of the movie, our own world is neither created by some Artificial Intelligence, nor even by God. The great philosophers convincingly instruct how Mind creates the world. Mind alone can free

itself & dissolve into that God where none of it ever happened. In a sense the Ego has been “bootstrapped” (like Geoffrey Chew’s former hadron bootstrap hypothesis that morphed into String Theory). Even if that calculating scheme has been put aside, “bootstrap” type thinking ever arises in physics when discussing quantum field theory, zero point energy, negative gravity, energy, & matter. An Ego & a Universe similarly arise in a circular process of self-creation, like trying to lift oneself into the air by pulling up on one’s bootstraps. [Computer Science uses the same concept to “boot” up an Operating System when we turn on a computer.]

In Astrophysics, *bootstrapping* creation is a mystery. In understanding the Ego, *bootstrapping* reveals it to be an illusion. God is only that vast perfect background of pure Consciousness that remains when Illusion vanishes. The Ego concept of individual existence created the Body & World that supports it. Thought-produced programming, computers & Virtual Reality are not required. These are only analogies appearing within the Illusion. The story line for *The Matrix* movies provides analogies for a true recognition of our unreal World. We definitely do exist, that is self-evident. It’s just that the Body is an analogy for that existence, just like a dream Body holds our place in a dream. Neither dream nor Waking Body constitutes our existence however. In a dream, our character has dream thoughts as we have Dream thoughts in this Waking state because that’s what characters do.

As reader you would be a virtual character, a token on the board of life, like the sewing thimble in a Monopoly game. As author I could be a friend, not yet offering the pill, but at least telling you about it. I remained in the *Matrix* myself & wrote this as a focusing diary to assist my own awakening. In the Old Testament 2nd Book of Kings the political activist Elijah had not awakened out of the Matrix but he was a the guiding friend to Elisha the healer. This same Elijah is said to have returned as the political activist John the Baptist according to numerous statements by Jesus & apostles in the New Testament. This would hint that Elisha the healer returns as Jesus the healer. With a nudge from Elijah-John he escapes the *Matrix* a few years before his crucifixion. In our part of the world Jesus would be the West’s best known Guru to escape the *Matrix* & offer the path to liberating self experience. That message has been submerged in the later religion called Christianity. With that original guidance, Thomas clearly escaped the Matrix & James before him. “*My kingdom of Reality is not of this World Matrix.*” Mary Magdalene, former widow & thus prostitute, was said to be the wife of Jesus & was lead to awakening. Other likely names would include Stephen & Philip, & maybe Paul & Peter & some others. [Now since none of these appear in any historical accounts, our favorite theory here is that “Jesus” was Apollonius of Tyana, who was also Paul & also Thomas, at least in India. Other disciples may have similar counter-parts among historical followers on the Greek-colony Sage Apollonius, whose face most often represents Christ, being the mosaic from the high front wall of the Hagia Sophia of Byzantium, later Constantinople, later Istanbul.]

Just as some early “Christians” escaped the *Matrix*, so too did Meister Eckhart centuries later. As the first in his line to awaken, Jesus plays a special role. But by his own words, his awakening is no different from that or every man, woman, & child lead to the same experience. All citizens of Zion are just as free as Neo is. His special role & powers apply only back inside the *Matrix*.

This **Wisdom** is unique
because one will be
permanently freed from
Suffering by receiving it.

Tripura Rahaya

#28) Life Matrix 2:

Buddha is the World's best known *Guru* to escape the Matrix & offer the path to liberating self experience. That message has been submerged in the later religion called Buddhism. Siddhartha Gautama was the first in his line of Mahayana & *Madhyamaka* Buddhas [*Madhyamika is sometimes used for Madhyamaka but the former is a practitioner of the latter*] . Padmasmbhava & Milarepa exemplify the expansion into Tibet of Vajrayana Buddhism. Bodhidharma brought Buddha's Dhyana teaching to China where it was called Ch'an with gurus from Hui Neng to Lin Chi. The pre-existing Chinese Taoism of Lao Tse nourished this Ch'an Buddhism into its golden age during the Tang dynasty. Then perhaps a thousand buddhas roamed that land. This culturally supported momentum dropped off after Lin Chi. He was called Rinzaï by the Japanese, just as Ch'an was called Zen. The true Ch'an reappeared in the teachings of Master Bankei.

Buddha appeared in India when Hinduism had weakened. But when Mahayana weakened, Gaudapada revived Advaita Vedanta, teaching Govinda who taught Shankara. His own four enlightened disciples established a line that continued with sporadic success into our Time, essentially replaced by modern Sages like Ramana Maharshi. Disciples of the Maharshi include Muruganar , Sadhu Om, Annamalai Swami (*perhaps Michael James*) & an American named Nome with his own enlightened disciples. Other known India sages of the previous century would be Nisargadatta Maharaj, traceable back Dattatreya; Sri Atmananda traceable back to Ashtavakra, & female sages like Brahmagna Ma & Ananda Ma. Before Ramana there were countless other Shaivite sages from Ribhu to Thayuvanamam. Vaishnavite Maharashtra sants included Jnanadev, Namdev, Tukaram, Eknath, Ramadas, Shivaji & many others. This devotional lineage could be traced back to Chaitanya & Krishna. Being also first in his line, Krishna, the ""Christna", was like Christ the "anointed one" seen as an Avatar, a special direct incarnation of God. Some of the "Jesus" story seems borrowed from Krishna & the Egyptian Horus.

Citizens of Zion wanted to make an avatar of Neo, but such hero worship diluted Gnostic Christianity down to Catholicism & the Protestant sects that followed. Plotinus & the Dionysius who the Franks called St. Denis revived the Greek enlightenment teachings partially preserved by Plato & Socrates, Pythagoras & the Egyptian Hermes Trismegistus. Socrates had access to the true sages of the Elia colony in Parmenides, Melissus, & Zeno whose hundreds of important paradoxes are not generally defeated in the way that infinite series bested his Achilles arrow scenario. Judaism may have had sages in Caballa & perhaps such in Melchizedek, but the record is unclear. Rumi was an Afghan Moslem zeroing in on escape from the Matrix if not reaching it. Kabir was undoubtedly a great sage claimed by Hindus, Sikhs, & Islam. Ib'n Arabi recorded the enlightened teachings of an unnamed shaik in his *Treatise on Being*, published as *Whosoever Knoweth Himself*. This title is perhaps the most direct self-knowledge statement in the Koran: to know one's self is to know God. The Jain Rajchandra's *Atma Siddhi* text is authentic Enlightenment teaching. Diverse examples make the point that Enlightenment can arise anywhere. But the value of effective guidance & supportive culture is reflected in the historical records of dozens of early Christian sages, so many hundreds of Indian gurus, & perhaps

thousands of enlightened buddhas. Religion represents a partial preservation of teachings that actually take one outside the Matrix. Even the founder of a given religion need not have been enlightened, & no enlightened sage ever professed religion. Even though an inevitable dilution, the major religions had at their core a Perennial Philosophy directing ready seekers to escape from the Matrix.

Counting problem

But this world is not exactly like the movie. Whether our knowledge of physics-nature is computational like the virtual reality program of The Matrix or not, this world program consists solely of conceptual & perceptual thought. Thought is momentary illusory form in Consciousness & could only be said to consist of Consciousness. Thought is the dust in the unmoving “wind” of Consciousness. One fair name for Consciousness is God. There is no outside-the-Matrix other world & God cannot be blamed for the program. Each individual is in a sense responsible for the program that is mere illusion.

On the other hand, one false part of the program is natural counting itself: 1, 2, 3, 4, & so on. In fact $1 + 1 = 2$ only inside the Matrix, but not in Reality. As there is “no crying in baseball,” there is no counting in Reality. For this reason Reality is said to be Non-Dual or *Advaita*. There is no 2 in Reality, not even a 1 or Zero, none of that at all. So all of the world history distinguishing sages from the unawakened is only a metaphor for break-up of the Illusion.

Consciousness or God could seem to be the context of thought, & thus the source of the Matrix of Maya. But such is not actually the case for there really is no Matrix, & God as Consciousness creates no such thing. The illusion of the counting problem means there are no separate sages like Jesus, Buddha, & so on. Those are just names, like the Monopoly token *sewing thimble* or Neo. They are the liberating *tokens* on the game board of Life inside the Matrix.

The citizens of Zion were already out of the Matrix even when previously thought to be in Bondage. We too are already Liberated but do not know so. All Enlightened men, women, children, mental defectives & so on who have awakened are equal to the great Sages. So will we all be. If Time were Real, one could say it may take years or lifetimes to awaken. Evil which is to say heavily deluded folk may need a million lifetimes for all we know. Yet all measuring of time & counting of individuals inside the Matrix are subject to the counting error.

If the Matrix program is created by anyone it would be the imagined individual Egoic Mind. The vast wonder of Nature that it sees dimly reflects the divinity of the ultimate source of Consciousness. But there is really no Nature, as there is no Matrix & no individual. As long as there seems to be, find Alice’s pill, take it, & escape. Like the Virtual Reality program in The Matrix, our minds have created this world out of nothing, & nothing it remains. But in Reality, the bio-computer minds of the individuals are part of the illusion which they seem to create. Even if *Bootstrapping* linear logic, we thus still fail to understand that all this Illusion is fundamental to the Matrix, just like the Counting Problem. Both *Bootstrapping* & Matrix fall short of being as Real as Consciousness which is all that exists & thus is Existence itself.

God’s dream

The Matrix is not God’s dream, but such a concept can be of practical use. In that metaphor, we do not *make* the laws of Nature, for we are only characters in God’s dream, not its Creator. We in turn dream at night & similarly construct a weaker derivative Matrix each time we engage in fantasy, imagination,

memory, day-dream, psychosis, mirage, mistaken interpretation of testimony, hypnosis, delirium, magician's illusion, hallucination, psychedelics or other drug experience. The Waking state Matrix seems more vivid & consistent as if attributable to being God's Dream with we being lesser dream characters. Dream time & Dream Space are not really Time & Space, & so it is in the Waking state Matrix as well.

Berkeley's Idealism

Though only a partial perspective, the "God's Dream" metaphor does also serve to settle some philosophical quandaries prevalent in the West since Idealism was proposed in the 17th century by the Irish Bishop, George Berkeley. Sense experience is not only known by thought but must be said to be thought, according to Berkeley. To speculate on or assert the unknowable is clearly meaningless. What would be the point? Only thought can be known in sense experience of the world, & thus only thought stands in for sense experience of the world. Taking such thought as the relatively "real" does not however allow distortion, imagination, or whimsy to stand on a par with such sense thought, & certainly not on a par with the experience of Happiness & Love, Hate & Fear.

Casual deliberate thought has no hold on happiness & love, nor hate & fear. When we hallucinate that some gain brings us happiness, that feeling cannot be reproduced by deliberate thought or imagination. Not can that gain always bring us happiness, nor can it do so for all others. The happiness is inherent in the Self far deeper than mind & thought. All emotion is in fact primal bliss. Lesser or negative emotion is attenuated or distorted by the overlay of deluded conceptual thought, deep tendencies or persistent ideas & assumptions, habits of thought & belief systems, especially erroneous definition for ourselves.

The undercurrent
of **Consciousness**,
in all 3 states,
remains unaffected.

Tripura Rahaya

#29) Life Matrix 3:

God's dream includes the Dream World of sense thought & dream characters such as we are. When we have valid sense experience we are in tune with God's dream, with Nature, with relative "reality." Distortion or imagination on our part applies to our own dream character identity & not to the relative "reality" of God's dream. Plunging into happiness & love, we contact Absolute Reality so very much deeper than God's dream, we touch the actual Being of God. Fear & hate on the other hand take those same sublime emotions & turn them "inwardly" to the ego dream character's importance with an overlay of distorted concepts. Thus the Reality of Happiness & Love, thus the distortion yet admitted intensity of fear & hate. Imagination is far less real than the sense world of God's dream. Love & Happiness touch Absolute Reality itself, so very much deeper than God's dream.

There are many such hints to be found within the Matrix but these will not necessarily convince the incredulous. The sincere seeker for freedom can find encouragement in these expedient relative teachings. Absolute teaching admits no such dualities.

Reincarnation

Consider the World of events of a 100 years ago. Where were you a 100 years ago ? Non-existence is inconceivable & is a contradiction. That contradiction lies as a basis for the fear of death along with memories of painful death in previous incarnations. Christians for the first half millennium took Reincarnation to be a fact until the leadership felt the idea weakened control on the citizens. Reincarnation was considered evident throughout Asia & within the Aryan religions from Ireland, which means "Aryan-land", to Iran, which means "Aryan-land". When asked about Reincarnation, the Sage Ramana Maharshi made the practical comment that it was as real as this incarnation, neither being absolutely real. Where were you a 100 years ago? Where will you be a 100 years from now ? We were somewhere but this **Body** is not what we are.

Time & Space

The World events of a 100 years ago are long gone, & the world events of a 100 years from now have not yet come to be. Same for a minute ago, & a minute from now. Likewise a second, a nanosecond either way, & so on. The present moment of time disappears in the sandwich between past & future, while past & future refer to times that do not exist. Physics has trouble defining time, or even admitting to it. There is no time. Like all the dramatic denial so far & to come here, each has been unanimously verified by hundreds of reports from Sages who have transcended the Matrix. Their testimony is credible. It may not ring true when you hear or read their words, but the independent corroboration from sources unknown to each other is far more than a coincidence.

Look at the end of a stick, then look at a point a little further down the stick. Continue to the end of the stick & string the Visual sense thoughts in a sequence by which the Illusion of Time duration is projected onto the stick as length. That is how it is "Length" & ultimately "Space" is created as a thought. Similarly sequence thoughts, which are temporal if anything, surely not spatial, across the surface of a field to project the illusion of time duration onto the field as Area. Continue with an aquarium tank to project onto the tank a 3rd dimension for Volume. On a smaller scale, the texture of differing pressure signals electrically carry [*along with by Exclusion Principle repulsion*] the solid sense of 3-D to our sense of Touch.

We have the sense of Mind being a great Space, almost like a Cartesian space in Analytic Geometry, with thoughts at the Coordinate points & Ego-I-thought as the origin. A small closed figure around the origin comprises the individual personality as a close collection of thoughts in the vast empty space of mind.

We have an almost identical sense of sound heard in a great space, like a Cartesian space with auditions at the Coordinate points & center of the head as the Origin.

We similarly have the sense of sequence for thoughts or sound as being strung out in a linear Space or Time, a 2-D Cartesian space or number line with moments at the Coordinate points & the now-thought as the Origin. A small closed figure around the Origin comprises the lifetime of the individual as a close collection of moments in the empty Space of Time.

We also have the sense of a great physical space, a Cartesian Space with locations at the coordinate points & the here-thought as the origin. A small closed figure around the origin comprises the locale of the individual as a close collection of locations in the vast physical space of time.

We finally have the sense of a physical space of matter & objects, a Cartesian space with objects at the coordinate points & the body-thought as the origin. A small closed figure around the origin comprises the body of the individual as a close collection of locations where the more specific origin is the brain headquarters.

Our mathematics reflects our basic thinking & the concepts of mind, sound, time, space, & matter have a stirringly similar structure, each a Cartesian space. This arbitrary thought structure is not actually fundamental, for the sole Reality is Non-Dual, structureless, formless, spaceless, dimensionless, homogeneous, undifferentiated, unchanging. Reality is not a construct, but is infinite, undivided, timeless, beginningless & endless.

Aum, undifferentiated *Brahman*,
Primal & Blissful cause, the
transcendental *Consciousness*
shines as the unique *mirror* of
the wonderful *Universe*.

Tripura Rahasya

#30) Life Matrix 4:

Right action

All of ordinary life occurs in thought & is a wonderful illusion. So is the apparent duration of time. Fascinating as all this analysis might be to some, it really is not necessary to endlessly scrutinize the “code” of the *Matrix* in order to escape it. Even in the movie, programming knowledge is only needed to re-enter the Matrix, & that is never an issue for us. In the movie, important work however must be done at the level of the Matrix, & here the analogy is partial. In this life, as the Buddha would say, right thought, right communication, & right action within the *Matrix* are important while making one’s escape. If appropriate, this can include assisting the escape of others. But ultimately escape is all that matters. So long as I am within the Illusion of the *Matrix*, how I live does affect my chances of escaping.

Teaching

After Liberation, if your "token" remains on the board as a Sage to quietly shine or to actively assist others, that is fine, but it will not be for your sake & will contribute nothing to your inherent Perfection as pure Consciousness. Most Sages do not seem destined to function as Guru within the *Matrix*, just a some liberated at the moment of death would not have the chance to. Ultimately all are already out of the Matrix but do not know this. Deeper still, there are no others & no *Matrix* to assist them out of. But so long as you seem to experience the *Matrix*, seek Liberation. Helping others, with due humility & honesty, can only be to the good. But to pose as an authoritative Teacher prior to full Enlightenment would be an error commonly acted out. This results in less than

authentic instruction to those who receive it. Moreover, the premature "teacher" has taken an Ego strengthening direction just when the Ego is to be relinquished. Inherent in this unfortunate choice are the conflicting tendencies analogous to a violent peacemaker, & angry lover, a corrupt saint, a biased judge, & so on.

Motivation

Computer programs & *The Matrix* movie are good partial analogies. Our situation relies upon neither & there are no malevolent forces or intents except for the nastier Delusions some may conceive. Yet this Life is a *Matrix* & you can awaken from it. You would want to awaken from this Life in a *Matrix* if you knew what awaits. This mixture of suffering, annoyance, & tedium called Life actually has all the enjoyment shining through from the inside Reality. Wake up from this *Matrix* of Illusion & the enjoyment alone remains. That enjoyment is the "peace that surpasses understanding" mentioned in the New Testament. It is the Bliss merged with Consciousness & Pure Being to which Asian Sages have ever invited us. It is abundant Love & Wisdom, complete invulnerable Happiness without cause or cessation. Freedom must be desired, leaving no room for lesser desires. All enjoyment & Happiness is actually tapping in to this Reality anyway, no illusory phenomenon delivers any joy or happiness at all. Shankara assures us that being on target for this happy destiny is the single most important qualification for Enlightenment, & no Sage has ever or would ever disagree.

Experiment

Only by direct self-experiment can one test this ancient & well known Perennial Philosophy initially sketched out here. None of this can be proven from within the dream illusion of this *Matrix*. But if you do escape the *Matrix*, or even begin to do so, you will know for sure. Even initial partial experience removes all doubt. Clues are very worthwhile for the few who will use them. Eventually all do awaken, opposed by no evil intelligence, artificial or otherwise. Tens of thousands have awakened, & hundreds have left telling testimony. Millions have attempted to follow those clues over the centuries & progress from lifetime dream to lifetime dream. But since the dream world is only a *Matrix*, counting successes like this has no meaning because there never has been an individual. God alone exists as pure Consciousness & yet it cannot be said that God created this *Matrix*. In truth the *Matrix* does not really exist & can hardly be said to even seem to exist. Operationally, it can be useful to blame the Matrix on the self-creation by the unreal characters such as you & I. We "*boot-strap*" the Illusion in thought that is without substance. Thought itself vanishes when revealed to be a non-existing delineation in Consciousness.

The real escape "*pill*" is found in the teachings & guidance of Sages. What can be offered here is an more intellectual warm up or orientation, at optional one in any case. Compare our Waking adventures to other mind monitored experiences such as Dream,

fantasy, imagination, memory, day-dream, psychosis, mirage, mistaken interpretation of testimony, hypnosis, delirium, magician's illusion, hallucination, psychedelics or other drug experience. All these & this World differ only in degree of coherence. Within this *Matrix* all those distortions are like *Neo's* illegal hacking programs he sells for extra money before he meets *Morpheus*. The outlaw software he sold for extra income consisted of the illusion of programs within the Matrix program. To say that we are characters in God's Dream who in turn evoke our own dreams & fantasies is one way to indicate the hierarchy, but God does not Dream. We construct our own universe, however complex & consistent, from moment to moment by means of thought. Between thoughts we remain in thoughtless Deep Dreamless Sleep without Body or Mind, without Universe or Individuality, ever immersed in the same Reality in which appears the imaginary but orderly panorama of Nature.



#31) Life Matrix 5:

The longer Deep Sleep between nightly Dreams & the momentary Deep Sleep between thoughts is not Liberation from the Matrix, but it can be noticed to offer a peek inside the code. In that blank Deep Sleep state we are happy without body or mind. An alarm clock or interruption brings disappointment when cozy in Deep Sleep.

In a nightly Dream we & other characters communicate with some common language, we share the context of the situation, personal history, world history, & so on. The same is true in a Day Dream & all the other Dream-like states. So each thought making up the dream has telescoped or nested within it the historical context, & so it is with time in this Waking world. Past & future are telescoped or nested in the vanishing & Illusory present thought moment. From within the Dream all that sounds unlikely & incomprehensible, but so it would be for every Dream character at night as well.

Only love & Happiness, or the inversions of anxiety or fear can shine through a nightly dream though seemingly sourced in the Waking world. So it is in the Waking world

where all the Happiness or our seeming distance from it derives from underlying timeless & Non-Dual Reality.

1st distinctions, 1st form

When Nisargadatta Maharaj said “*I am That*” he meant the Absolute Reality, Brahman, pure Consciousness & Supreme Being. A baby who first says “*da, da*” is recognizing “*that*”, the other. This Tat is the Supreme Reality in the Vedic *Mahavakhya: Tat tvam asi*, “*Thou art That*” or “*Thou art God*” as spoken in Heinlein’s *Stranger in a Strange Land*. To explain deeper seeing, Heinlein’s character borrows the term *grok* from the “*Martian*” term for “*fully digest*” & uses *grok* to indicate complete self-recognition through Self Inquiry. To reflect & discover that “*I*” does not refer to an individual ego but rather to divine Non-Dual Consciousness is to finally *grok* the Truth. But to the baby, this supreme *Tathagata* or Buddha-mind, this “*that*” is simply “*other*” for the baby. Illusion is cognized as “*that*” other thing, not Non-Dual Reality, & certainly not “*daddy*”. The first other person is “*mine*,” from “*me*,” it is “*ma ma*” or something close to “*me*” in most languages. [*In Sanskrit, "mama" means "mine".*] It is *Maya*, it is the *Matrix*, the mother.

Dream Worlds

Consider further your own nightly Dream. Thought gets headquartered in a brain encased in a head covered by hair for warmth & electromagnetic insulation. Manipulation characterizes the upper limbs, ambulation the lower, & all the organs embody the other functions of life. Your hero-character-narrator stands on something so there is Earth beneath your feet. The ground is the surface of a planet orbiting a source of light & energy, a star, our Sun. Surely it is not always dark within your Dream, nor always freezing cold. That Sun travels with the spinning of its Galaxy that itself dimly lights the night sky, with countless other Galaxies beyond.

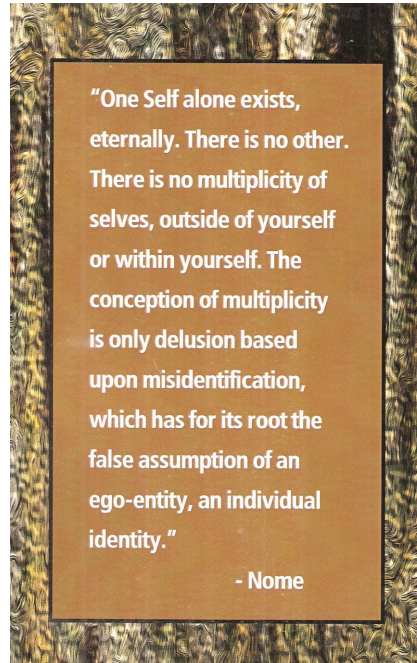
The Earth itself is not always barren so plants grow out & insects & animals interact & eat to form an ecology. The magnetic field of the planet has least impact when quadrupeds, hexapeds, octopeds, centipedes, millipedes, & so on traverse it horizontally in a partial they sleep-walk. When bipeds stand erect, perpendicular to the horizontal magnetic field, the vector product of that field with the spinal “*wiring harness*” stimulates more awakened Neurology. Aliens that are imagined or otherwise projected tend toward erect posture for the same reason on other planets. Binocular vision & bi-aural hearing serve our journey in 3 dimensions. This why Dream Bodies are similar to imagined physical Bodies. The lawfulness of Math & Physics reflects the thought structure of Mind as a dim reflection of the Infinity & coherence of pure Consciousness.

Powers & abilities beyond those of mortal men

As God's Dream characters we have choices by which co-create our own dream along with the many circumstances we do not control. Unlike the movie, rarely does the unenlightened or even the enlightened gain any special power over the Matrix. Power has no meaning within illusion & the illusory dream character has no stance outside the illusion so as to have special power over it. As for power within the dream, Jesus pitied the ordinary power of the rich who are so easily become enamored & attached to the dream. Superman flight or martial arts skills are not pertinent, but in a movie or bible they can serve as an analogy for spiritual skill.

Prior to Neo, John Carradine's character Cain in *Kung Fu* spouted philosophy before kicking butt. Cain had fled into the wilderness of the wild West from China because he had slain his own "Abel" in the person of an ethnic half-"brother" as it were, of Chinese royalty, thus foreshadowing the biblical allegories of The Matrix movies. With each episode of Kung Fu & each sequel to The Matrix, the philosophy got shorter shrift, more sex comes in, & butt kicking comes sooner & harder. "*You ask for wisdom as if it were a flower to be plucked, but it is a mountain to be climbed.*" So Cain tells a Navaho disciple after some blind-folded archery in an earlier episode. Later on, like Neo in The Matrix sequels, Cain goes straight to kicking butt. These powers are not likely of deeper use, except as a beaten up metaphor.

In this Life we do see more fortunate & otherwise more competent characters. Psychic & miraculous powers may even appear in a few characters, maybe more so for the enlightened. Such would be Jesus healing the sick as an enlightened example, or Sai Baba [*who, as it happens, had been subject to pedophile allegations*] manifesting solid objects out of thin air for an example with partial awakening. Both have been said to raise the dead, but those raised soon died anyway. If any of this inspires or facilitates self-reflection, so much to the good, but less favorable circumstances can assist for awakening as well. Some of us turn spiritual because we see the light, but most of us do so when we feel the heat.



#32) Life Matrix 6:

The butt kicking in the old *Kung Fu* show on T.V. or *The Matrix* movie is no more useful than the “begat” & “smite” passages in the Old Testament, or the first *Mahabharata* war battle chapter in the Bhagavad Gita. Similarly, the sin & miracle references in the canonical New Testament (*which themes are less evident in some apocryphal Gnostic gospels*), leave that Testament in a distant 2nd place behind the Gita in the best Bible contest. Then comes then *Old Testament*, the *Quran*, the *Avesta* & so on. More scholarship is needed to decode deeper spiritual epics like the *Tao Te Ching* & the vast body of *Mahayana*, *Vajrajana*, *Ekayanana*, & *Ch’an*-like Zen Buddhist scriptures. More explicit Non-Duality is to be found in India’s other Gitas or “songs: such as the *Asthavakra*, *Avadhut*, & *Ribhu Gitas*.

Other works have preserved some teachings of the enlightened sages who have walked the Earth by the thousands. But as they say about Jesus, if he was walking down the street, would you recognize him ? Assuming there would be no special light show coming out of his head to help you & you were not otherwise clairvoyant, what would you have to go by ?

Would you recognize a quantum if you met one? [*a play on the questions: “if you met the Buddha ... ?” or “if you met Christ returned ... ?”*]

We likewise penetrate the outer layer of mundane phenomena with clarification found within Science & the metaphors of the computer, of Math, relativistic Cosmology, Psychology & Philosophy. Science has specifically offered Quantum Mechanics to prove that the World is unreal. Digital watches, solid state technology, nuclear power & so on depend on facts explained only by Quantum Mechanics, facts that prove the World to be unreal.

A century ago Quantum Physics itself discovered that the World is unreal. Physicists were not ready to accept the conclusion then & most cannot even begin to do so today. While many non-scientists are now fascinated by this finding, again the number of people with some science background & with any affinity at all for Quantum philosophy remains very small. Among those few Quantum philosophy

advocates with or without scientific understanding, far fewer still fully grasp the significance. In part the problem lies in the fact that objective clues are only weakly persuasive when lined up to assert that there is anything objective. The subjective realization that there is no real World is the path less followed, but only in that way can the significance of the Quantum discovery be completely comprehended. The thousands who have succeeded in the subjective inquiry over the centuries knew nothing about Quantum Physics. Such objective clues alone serve only as an initial guides which are helpful. In themselves they are unconvincing signposts. Unless one is ready, it is unlikely that one will recognize subjective reality from objective clues like Quantum Theory & other objective signposts.

Meditation

Buddhist, Vedantic, Gnostic or any real mediation ultimately reveals self-identity. Sri Shankara suggested asking “*What am I ?*” The lineage of Nisargadatta Maharaj urged one stay with the “*I am.*” Some in the West have used the Old Testament “*Be still & know that I Am is God*” or “*I am that I am,*” & the New Testament “*Before Abraham (Brahman) came to be, I Am.*” Most direct is Ramana Maharshi’s self-enquiry “*Who am I ?*” This was agreed to by contemporary enlightened sages like Nisargadatta Maharaj, Krishna Menon Atmananda, Ananda Mayi Ma & Brahmagna Ma.



Dakshinamurti, God as primal Guru

#33) Life Matrix 7:

19th century miscounting

A well known college graffiti: [“*God is dead*” – Nietzsche 1888] would often be underscored on the same wall with the presumed counter response [“*Nietzsche is dead*” – God 1900]. Earlier in the 19th century, Napoleon was invited to view the mechanism constructed by the atheist mathematician & scientist Laplace. A magnificent brass model of the Solar System had been made to display separate planetary orbits like a great clock system. Napoleon admired it but then countered with the objection: “*But where is the Creator ?*” Atheistically, LaPlace responds: “*The hypothesis was not found necessary.*” [Though certainly not fool-proof, Ockham’s Razor of Parsimony does suggest the discarding of an “unnecessary hypothesis” with so much other work to do. But of course, such an “unnecessary hypothesis” may just happen to be true & of other use. Case in

point, the fact that Science can explain a lot (though not the fundamentals) – such still does not rule out spiritual realities as well.]

Missing in that story is the further question: “*Well who is looking at all this ?*” The intent would be to point back to the Seer, to Consciousness which *knows*. *That* was not being counted by LaPlace. Consciousness is not accounted for in Mechanistic Atheism, no matter how complex the explanation of neural nets, bio-molecules, Bosons & so on.

Cypher

Humanity generally does not Self-Inquire. Our Dream Bodies will seem to live out their Dream lives like the re-plugged intentional delusion of *Cypher* within The Matrix. The Judas character *Cypher* in the movie trades his somewhat rough awakened or at least unplugged life for deliberate return to the Illusion of The Matrix. That promise for *Cypher* proves false just as worldly Happiness, limited, mixed, & temporary at best, is always a false promise for us in this “*Matrix*” also. The Wise have know for “*millennia*” that the World is unreal – [*of course, a statement with contradictions. – How can there be “wise” or millennia ?*]

If the World is unreal, what is real ?

Something is real. You do exist, you know so, & you always want to be happy. Reality so indicated is independent of imagined life as a Body & Mind in a World. What is real is vast like Space, all-containing like an Ocean, & as apparent as gigantic Bedrock. Matter & the universe can only be an analogy for your own Self which is what is most definitely real to you. What Quantum Physics had confirmed has been known for ages, that the World is unreal. What is real has also been treasured for ages, in pristine clarity by the Enlightened, & somewhat clumsily in Philosophy & Religion. The Real could be truly said to be Divine in that it is Infinite in every way. The Real could be called God because it is all that there is.

Reality is what it is regardless of what we think, & for that matter regardless of who tells us of it. The revelation lies in the non-verbal personal discovery resulting from the question: “*What am I really ?*” Finding no *objective* answer but only the True Nature of the questioner. This self-recognition is hinted at as: “*the vast perfect background of pure Consciousness.*” Such is a meaningless phrase until directly experienced by self extinction of the false individual Ego that dreams the World, Body, & Mind.

Original sin

The false individual Ego that dreams the World, Body & Mind is the elementary error that is our original “sin” & yet is a mistake readily undone. Negative, punishment oriented teachings in the World religions ring true only to the extent that unnecessary fundamental ignorance is the cause of all the unnecessary suffering. “Sin” comes from

the word for the bowstring's "gap" between string & bow, the "sinus" or gulf between illusion & reality. From the same bowstring analogy, "sin" is similarly the abbreviation for the "sine" in trigonometry, the vertical y-coordinate, the gap between the horizontal ground of the x-axis & the bow-like arc of a unit circle centered at the origin. The Latin word sine similarly means "without" or "lacking." We combat the "sin" of ego ignorance in order forgo all lack & limitation. In this way we can regain the fullness of supreme happiness, freedom, & peace. Eradicate the ego by self examination, or shuck it off by absolute surrender.

Unoriginal sin

As regards the usefulness of any that traditional Religion "sin stuff", well, toss aside the "eternal damnation-to-hell" part & then note that much of the less Puritanical stuff is obvious enough as "natural law" or just common sense. Sexual taboos are typically overdone but there are clear cut problems with sex *by force* or *for money*, sex with *children* who lack mature judgment & can be psychologically harmed, sex with close *relatives* whereby human disease & deformity is unnecessarily supported in recessive genes, & so on. Infidelity is the context for the most heart breaking emotional damage inflicted on one who trusts you. Pregnancy can always be a problem at the wrong time for both parents & offspring. Sexually transmitted disease has always been with us & only gets nastier & deadlier with the growth of population & interacting civilization.

Certain religious orders found relationships distracting & freely chose celibacy. Lust itself is certainly a binding Attachment & misplaced search for real Happiness. Pleasure that appears in the Illusion is like the "woman in the red dress" that Cypher's protege Mouse programmed in the *Training Matrix*.

The very power of lust & *Eros* can be used as a *Pointer*, an indicator to real Happiness within. Use of that particular *Pointer* by some *Tantric* practice might be foolhardy & risky, deliberate taunting of such a power. Lust combines misguided Illusion with our genuine draw to Love & Happiness. Better is it that we do our best for balance *Eros*. Note the real source of Happiness when we resist. When we don't resist, we note that Lust is just another Attachment, no more no less. Characteristic of any Attachment, there comes the accompanying *karmic* complications of thoughts, words, & actions. So much for Lust which represents the 6th & 9th Commandments for Catholics, the 7th & 10th for Protestants & Jews, & also one of the 7 *Deadly Sins*. Lust has similar status in Buddhism, Hinduism, among the 5 *Kleshas* & 5 Enemies respectively, & so on,

Anger with or without associated violence is another *Deadly Sin* with a clearly bad reputation. Outright killing is disavowed by the 5th Commandment for Catholics, the 6th for Protestants & Jews. As if the inverse of Lust, or at least *Eros*, to Hate & Harm another is to overlook Oneness & plunge into selfish Illusion & Attachment.

Even just Anger can be tricky, for as Ram Dass once quoted, "justice is only for the Ego." Life is unfair, big time. Though the Eric Burdon & *Animals* sang *Please Don't Let Me Be Misunderstood* we are bound to be misunderstood, wrongly appraised, unappreciated, slighted, ignored, & mistreated. Ramana Maharshi comforted those who squabbled at *Ramanashram* seeking approval, petty power & influence, having favorites & their opposite. He cheered them with the fact that those who oppose your Ego are on your side, because you must oppose your Ego as well. Humility is great, but humiliation can also be useful to us. The Vedantic texts repeatedly caution the seemingly "natural" urge it be respected, admired, approved, well thought off, fairly treated, & so on must be put aside. You are not the Ego personality. Treat others well but don't be concerned with what they do to you or think of you. This is also *ahimsa* non-violence, this is true "turning the other cheek", in both meanings of cheek. If we get our butt kicked we can check out our *body-mind-ego* Attachment at that moment. We can do likewise on the otherwise unfortunate occasion of any pain or emotional suffering. All emotions are Bliss un-rightly channeled or distorted by concepts. All Love is Absolute Self-love, well directed or mis-directed into small Ego self-love, craving, lust, etc.



Simpler Good-Elf "artillery" consists of a simple board-over-log catapult driven by a chubby Elf jumping on the other end. His partner who had just loaded multiple Sunshine-Bottles that then got launched, has fingers in his ears as if to protect them from cannon blast which the catapult of course would not make. A gnarled old dead tree hit by a bottle and white spay of glow begins to straighten and blossom with Life Force and blossoms. It only takes seconds as full bloom develops and immediately song birds are approaching and perching in its branches. You'd almost think that the quick-bloom full-ecosystem blooming

inspired, perhaps unconsciously, so many Disney "flowering" decades later and even the Life-Bomb on desert planets launched in one of the *Star Trek* movies

#34) Life Matrix 8:

Wealth

As for Deadly Sins, & Greed or Avarice comes next in decreasing *deadliness*. All religions note that selfishness strengthens the Ego, obviously enough. This carries over to prohibition against Stealing & Coveting in the 7th & 10th Commandments for Catholics, the 8th & 10th for Protestants & Jews. Dishonesty is entangled with Greed so the 8th Commandment for Catholics, the 9th for Protestants & Jews applies as well. Reality is Truth itself. Honesty, especially Self-Honesty, is ultimately based on complete intolerance of Suffering. This is paramount in awakening from this *Matrix*. *Cypher's* greatest sin was not betrayal, but rather the willingness to be bought for the right to re-enter Illusion.

Greed can flourish among the poor but is rampant in the rich. Good fortune is fine, as is ambition & good effort & creativity, but attachment & greed feed the Ego. Greed supports racism, sexual exploitation, narcotics, violence, war, & hatred. Death by starvation, exposure, untreated though treatable disease, & despair are all forms of violence supported by Greed. Life is not a *Zero Sum* game, but even kindergartners know that it's "*nice to share*." For support on this issue, one could quote sages like Shankara, Milarepa, or Buddha, or holy men like Gandhi. Our culture concentrates so much love & respect for wealth among its Christians, Jews, Hindus, Moslems & so on. Compare the "*prosperity teaching*" of so many ministers to the supposed words of Jesus & his disciples. Note that in the King James Bible there are more than just the rare slip or misquote to warn off the affluent & caution against such a deep divide between the rich & the poor.

Blessed are the poor in spirit for theirs is the Kingdom of Heaven. Mt 5:3

Lay not up for yourselves treasures upon Earth. Mt 6:19

For where your treasure is, there will your heart be also. Mt 6:21

No man can serve 2 masters . You cannot serve God & Mammon. Therefore I say to you: Take no thought for your life, what you will eat, or what you will drink, nor yet for your body, what you will put on. Is not the life more than meat, the body more than apparel ? Behold the birds of the air, for they sow not, neither do they reap, nor gather into barns, yet your heavenly Father feeds them. Are you not much better than they ? Which of you by taking thought can add one cubit to his stature ? & Why take you thought for apparel ? Consider the lilies of the field, how they grow, they toil not, neither do they spin. And yet I say to you, that even Solomon in all his glory was not arrayed like one of these.

Wherefore, if God so clothes the grass of the field, which today is, & tomorrow is cast into the oven, will he not much more clothe you. Oh you of little faith ? Therefore take no thought, saying: What will we eat ? or, Wherewithal will we be clothed ? (For all these things do the Gentiles seek) For your Heavenly Father knows that you have need of all these things. But seek you first the kingdom of God, & his righteousness, & all these things will be added to you. Take therefore no thought for tomorrow for tomorrow will take thought for the things of itself. Sufficient for today is the evil thereof. Mt 6:24-30

Jesus said to him: If you will be perfect, go & sell that you have, & give to the poor, & you will have treasure in heaven. And come & follow me. Mt 19:21

Then said Jesus to his disciples: Verily I say to you, that a rich man will hardly enter into the Kingdom of Heaven. & again I say to you, it is easier for a *camel* to go through the 'eye of a needle' (*a narrow gate in the walls of Jerusalem*), than for a rich man to enter into the kingdom of God. Mt 19:23-24

And the cares of this World, & the deceitfulness of riches, & the lusts of other things entering in, choke the word, & it become unfruitful. Mr 4:19

Go your way, sell whatsoever you have, & give to the poor, & you will have treasure in Heaven. And come, take up the cross, & follow me. Mr 10:21

But woe to you that are rich! For you have received your only reward. Lu 6:24

So is he that lays up treasure for himself, & is not rich toward God. Lu 12:21

Has not God chosen the poor of this world rich in faith, & heirs of the kingdom which he hath promised to them that love him? But you have despised the poor. Do not rich men oppress you, & draw you before the judgment seats? Jas 2:5-6

Criminal & civil justice has ever been a problem for the poor as well as protection & "justice" is often an abused tool of the rich. Christ was not against the rich, but offered this guidance to any who would well avoid Attachment to Illusion or hankering after other than our true desire of real Happiness. If we are to "have that mind which is in Christ, Jesus" (*be Enlightened*) as encouraged in an epistle, then as Jesus said: "*Be you therefore perfect, even as your Father in Heaven is perfect*" (*merge & become one with the Absolute Reality*).

Karma

Ultimately most wealth, good fortune, good looks, & good life comes in part or in full by accident of birth. Reincarnation & *karma* afford some poetic justice in this Dream world but in the end every disadvantage & every advantage must be used as a spur or an aid to awaken. I have seen children being born with unique personalities evident right from the first. As a very young kindergarten child, I wanted to marry this little girl or that one. I feared death & violence that I had not yet been exposed to in this lifetime, & TV did not yet broadcast such things. Reincarnation may sound *strange*, but as a country singer once sang, so is being born this time (*strange*).

Reincarnation & *karma* may be valid on their own level, & both unreal in absolute terms. Most of the world has espoused Reincarnation & *karma*, even in the West for the first half of the first millennium. Alternatives include inexplicable Evolution followed by meaningless annihilation, or the Heaven & Hell stories. A vengeful Hell-God gives some people dim witted, ugly, diseased bodies in circumstances of abject poverty, plague, war, & hate in a horrible climate. Others are given intelligence & beauty, wealth & lovely circumstances. Being unfair, it does not make sense. A CEO who makes 50 million with 2 *months* vacation actually does not work ten thousand times harder than a poor person working 14 hours a day, 7 days a week, 365 days a year in a sweatshop or prison work camp. The poor person has not usually made their own choice. The poor person is not usually too lazy to make the same effort or be as creative as the CEO.

Fairness

Either this unreal life is patently unfair or Reincarnation gives everyone a chance based on the recipe of their self created *karma*. On their own level, both answers are correct. Fortunately, even the *karma* &

Reincarnation prove to be unreal & everyone eventually goes to Heaven, gets Enlightened, Liberated, & Self-Realization. Since Heaven is “*at hand*” & Enlightenment can be sudden; since Liberation has ever been the true nature & all are already self-realized, resolution of all the unfairness & fear stories is possible right away. It is natural to avoid pain & suffering to seek comfort & success, but let Liberation interrupt all that as soon as possible. Spiritual practice is a race to discard as many Ego binding concepts as possible before Enlightenment intervenes. We never complete all tasks, not even spiritual practice. When the Concept keystones are removed from the *Stone Wall of Ignorance*, the Concepts all come tumbling down. In the mean time, excessive chasing after wealth & any outright selfishness is certainly counter productive.

Suffering

Even for the affluent, anxiety is inevitable for any delicate “*skin-bag* of water in a harsh Universe” of sharp objects. Gravity, competition with fellow creatures & all of life’s changing circumstances foretell only pain & death. The poor bargain worsens as Life goes on, progressively introducing more physical & emotional Suffering, inevitable loss of beauty, health, respect, friendship & love. Ever more certain is the Death that loomed from the moment of conception. All this is true for the most fortunate & more so for the victims of violence, hate, cancer & other disease. Life can be temporarily wonderful. Youthful bodies more often live a Life that begins with years of pleasure & health. This of course presumes good genes, environment, social, & economic status.

Yet even youthful minds often experience a mix of joy & upset. Even for the small fraction of Past, Present, & Future children who were fortunate, these affluent, healthy & socially supported youth had their share of aches & pains, illness & dental work, injuries & violence, discomfort, hunger & thirst, heat & cold, & the full gamut of fear & insecurity. Reincarnation offers another chance after unexpected fatality or the usual old age, disease, & death. But then what? Messy diapers, or worse, childhood fears & insecurities, the whole story all over again. The next chance may be better than this one, but perhaps not. Better it would be to awaken to unlimited unending Happiness. This can be done by anyone.





Like the above-mentioned black owl, another Bad-Elf sentinel, the squawking crow mentioned is disgruntled when hit with a splash of distilled Sunshine. But then he transforms into whistling bird of paradise, with glory and joy as his new aura.

#35) Life Matrix 9:

Without taking someone else's word for it, we ourselves can carefully examine our own experience of a World & note that it consists of Perceptions only. Furthermore, we can only juggle a limited number of Perceptions at any moment. *We "live" on like some dimensionless nexus of impressions that inflate out to create a World around us, starting with the Body & the Mind.* From within a given World, one cannot prove the reality of that World, be it Virtual, Dream World, or so-called "real" Waking World because all the "proving" Perceptions are within that same World. So the "World" we actually seem to experience at any time is a very fragmentary collection of impressions referenced to own Body, itself known only as impressions, & filtered through our own Assumptions. This constantly shifting fragment of a World differs for each perceiver & in every moment.

More deadly sins

As counter-part to *red* Anger, *green* Envy & Jealousy probably comes next then down the line of Deadly Sins with Coveting disavowed in the 9th & 10th Commandments for Catholics, the 10th for Protestants & Jews. Humility, accepting the unfairness of temporary Illusory Life, & getting to Reality leaves no time for Jealousy or even fixation on the reality of others. They are only just other characters in your Dream.

"Pride cometh before the fall." As David said to Goliath, & Jimmy Cliff reiterated, the *"bigger they come, the harder they fall."* Humpty Dumpty got little help from all the king's men. Lucifer's weakness was pride. Pride is the opposite of Humility & is the hallmark of naked Ego. Even the negative self-destruction of Resentment & woe-begone Self-Pity bulwarks the Ego. To have things come out bad just so you can say: *"You see, I told you so"* is misguided. More subtle again is this laudable but hopeless thirst for Justice & for *Life to be fair*. Not wanting to be *misunderstood*, unappreciated, ignored, & mistreated is supported by Pride. Seeking Approval, power & influence, the urge it be

respected, admired, well thought off, & fairly treated is assuaged by the antidote of Humility & keeping the eye on the Real Goal.

As for Gluttony & Intemperance, the food, wine, beer, & spirits of the past were always embellished in some places with *ganga*, *psilocibin*, *peyote*, *jimson*, & so on. Better living through chemistry, echoed in the anthem of Grace Slick “*feed your head*” comes in here as well. It can all be a distraction, an occasion for Attachment. Take it easy.

Finally the “deadly” sin of *Sloth/Lethargy* seems better promulgated for the benefit of the ruling class & the bosses, to better spur the slaves, servants, & workers. *Letharge* is a slow flowing of mixture of *Glycerin & Red Lead*, one the oxides of Lead. When it comes to spiritual laziness, not asking the fundamental questions, well then “*the wages of sin is death*” is this Dream World, over & over again like your own *Groundhog Day*.

Population miscounting

The Bhagavad Gita says that one in a *thousand* has earned the good karma of hearing the absolute truth about the Self & the unreal World & Body-Mind. Out of a *thousand* of these, one makes serious effort to realize the truth & attain Liberation. Out of a *thousand* of these, one succeeds. This would ultimately mean one in a billion, or a half *dozen* today. Some small multiple of a *dozen* is perhaps a better estimate today. Certainly this would indicate the precious nature of the opportunity & the even more precious blessing of Attainment. While in the Golden Age of Southern Ch’an Buddhism in China’s Tang Dynasty there may have been a *thousand* enlightened buddhas living at the same time, India wins on the count of Sages in most centuries.

One might ask: “*Why doesn’t everyone else believe that the World is unreal ?*” But if indeed the World is unreal, so is the “*everyone else,*” the asking, & the one asking. If you see Suffering in your World, wake up & save them all. All in your World are “saved” when you are. By the same token the Sages were always first to say that they spoke from beyond the World. In that sense Jesus said: “*my Kingdom is not of this World.*” And at same time, that Sage [*whatever be his real name*] & various others were known to compassionately help the sick, the poor, & others on a seemingly “*physical*” level as well, just as all spiritually benefit to some extent when doing well “*good*” in a Dream or Dream-World.

Credibility & Cynicism

Part of the reason that this & other vital Teachings can be so hard to accept, for some, derives from the fact that Ego acts as if it has a vested interest in preserving itself, like the machines in The Matrix. *Cybernetic* or Systems philosophy tells us that any persisting system has self protection built in, otherwise it would have previously vanished.

Like a Mind, *credibility* is a terrible thing to waste. But credibility is terribly wasted when it is traded in for *credulity*. As children we are told of Santa Claus, Easter Bunny, Tooth Fairy & so on. Then we find out otherwise. Human reproduction might be explained to a child with some kind of *stork* or *egg* story, only to be replaced by the *birds* & the *bees* for introducing the “*facts of life*” [*which as it happened was also the phrase used by older kids goading & teasing us younger kids concerning our ignorance about sex*]. Rightly we are told of God, but then we may be taught about Heaven in the sky, Hell beneath the ground, Purgatory & Limbo [*until closed by the now-retired Pope Benedict XVI – Joseph Ratzinger, "God's Rottweiler" or the "Grand Inquisitor" long time leader of the Congregation for the Doctrine of the Faith (formerly the Inquisition)*] & who knows where, & other stories that we eventually cannot swallow. We also sense that the adults telling us all these things from Santa to Hell do not really believe it all either.

How could anyone believe that a loving God would damn his child to infinite punishment for Eternity? Absurd. God must be at least as nice as we are. So credibility erodes. Eventually we are told to study well in school, work hard, eat right, get enough rest & exercise, obey the rules, be good, & all that. If asked if we've been "good", we affirm: “*oh yes.*” Inwardly saying: “*yeah, yeah, baloney.*” We are thus trained to live in denial. After being lied to, we lie to ourselves & to others. Now Quantum Theory tells us the World is unreal & we all go: “*yeah, yeah, baloney.*”

Re-examining nerve Signals

Granted, the simple fact that Perceptions are Electrical Signals in the Brain does not in itself deny an objective World known by those Perceptions, even if the Signals & the Brain are only made up of Signals. But how can such an independently existing objective World ever be known? Being neither *subject to proof or disproof*, that question falls outside of Science, & outside of Philosophy as well. Some will point to the agreement of countless humans as evidence that there is an *objective* World. But such a World could never be demonstrated, & that goes for the *countless humans* as well. They can no more be proved & called upon for their testimony than the World they inhabit. Superficial intuition & hunch may suggest that other people & the World do independently exist, but deep study & experience has always concluded the opposite. Confirmed by Quantum Physics, the overwhelming consensus of all of the very wisest men & women throughout the ages & cultures of mankind, it has been proclaimed that there is no independent World stimulating our Perceptions. Rather, our apparent Perceptions, the mental experience, is at most all there is to call a World. Deeper still, the real existence of the thoughts themselves does not stand up to scrutiny.

Right action (revisited)

A correct view of the unreality of the World does not necessarily imply abandonment of our ordinary lifestyle & purposes *at the level of that unreal World*. Such an abandonment

would be from within the World, not from any deeper level. For us though, this is not the case for the same reason the in *The Matrix* movie the characters must continue to strive & fight within Virtual Reality. Supposedly consequences in *The Matrix* hold sway in the “*more real physical World*.” This recalls the other sci-fi theme found in movies like *Dreamscape* whereby death in a Dream results in death of the sleeping Body, presumably via heart attack. Likewise Morpheus tells Neo in the *The Matrix* that pain in Virtual Reality causes actual pain “*because the Mind makes the pain real*.” Actually, all must admit that pain really could only exist in the Mind, if at all. While the consistent “biology” & “physics” of life in our Dream World determines occasions of pain, as it did in *The Matrix*, with no Mind there is no pain. But we have no machines to fight again, & *The Matrix* & *Dreamscape* notwithstanding, we do not need to die in the Waking World if we die in a Dream, though any such is *possible* in a given case [*by some strange psychosomosis or coincidence*] because all bodies die sometime.

In our Waking Dream, lifestyle & purposes, actions & experiences “continue” even though only apparent in an unreal World. Abandonment of *right action* would not therefore be *necessary* since all activity in the World is only imagined. Abandonment of *right action* would not even be *advisable* since the Mind will conform to consequences of our intentions, actions & “experiences.” And while the Mind too is unreal, so-called clarity within that Mind is an aid to Liberation, just as mental chaos is an obstacle.

It helps to have a clear Mind so that it can extinguish itself by eradication of the Ego. In this sense, right action amounts to good *karma* because the word *karma* itself means “action”, & by connotation, the “consequences” of chosen action. Those consequences are not tabulated in some system of divine justice. More to the point, *karma* is the resulting tendency in the Mind & the consequences of that tendency. Practical consequences in the unreal World may overlap with spiritual consequences in terms of aids or barriers to Liberation.

We "live" on like some dimensionless **nexus** of **impressions** that inflate out to create a **World** around us, starting with **Mind** & **Body**.

the author

#36) Life Matrix 10:

Captain Video

An older *sci-fi* analogy dates back another decade to a half century prior to *The Matrix* movie, to Al Hodge as *Captain Video* in live TV adventures. One week-long theme broadcasted at Christmas time, when I was 7 years old, had the Captain struggling against

a cosmic evil force of mysterious origin. As it turned out, the malevolent Power & Intelligence emanated from an arbitrary arrangement of two “cubes,” silicate crystals, prescient of silicon chip computers & *Artificial Intelligence*. Like the Ego notion itself, with perfectly symbolic duality, this crystal arrangement had only to be discovered & approached, against the fiercely resisting energy it emanated, & thereupon disturbed to disrupt its power. Holding his helmeted head down against the thunderbolt on the chest of his uniform, with the lashing energy resisting him, *Captain Video* finally was able to rake his arm across the evil crystals & broke the spell.

Such is Enlightenment. If like *Captain Video* we persevere & brush aside the elements of dualistic Ego illusion, the spell would be broken. Like The Matrix movie hero, our mandate is self knowledge, but our approach must be more like that of *Captain Video*. Know the truth & the truth will set you free. This truth is spontaneously known when the ego is relinquished by discovering it to be without substance, an accidental concoction of thought, like *Captain Video*’s crystals. This freedom is not one granted to an Individual as enhanced bodily existence in a illusory Dream World. Waking up in the morning grants no special advantage to the Body or life pattern of the Dream character in a nightly Dream. Just so, freedom from this Waking Dream grants no special advantage to the Body or life pattern of the Dream character in that Waking Dream. This Dream has been compared to God's Dream, more solid than our nightly Dreams, day Dreams, hallucinations, delirium, hypnosis, fantasies, stories, & media because we are only characters in God's Dream. Not only are we Dream characters but we are also responsible for the Dreaming itself since no God has reason to create this Dream. To awake from the role of character is to leave our own unreal Matrix.

Low Ego

Resorting to trivial media offers examples of a lower ego state in the simplest Sense even though most media characters are ostentatious & high ego sorts. Lower ego types are often only there for comic relief. But once in a while a noble figure like Henry Fonda’s character in *Mr. Chips* or his *Tom Joad* in *The Grapes of Wrath* will capture the heart of the audience precisely because the lower Ego state evokes love in us naturally. Mother figures frequently appeal in this way. The classic maternal role is in part so universally appreciated due to it’s low Ego aspect. Much the same is true of children, low Ego is part of their appealing innocence. As another example of the less common male case, consider the supporting actor Luke Wilson when he plays the ironically cheerful boyfriend in *Charlie’s Angels* & similarly displays low Ego in *Legally Blonde*, *My Super Ex-Girlfriend* & *Old School*. Light farce as these 4 movies were, the supporting actor who exhibited a cheerful low Ego was especially appealing for just that reason. Some of the appeal of the underdog lies in attenuated Ego. We naturally love & are naturally most happy when in the company of, or better yet ourselves are in, the state of low Ego.

Countless statements of Jesus, Ramana Maharshi, Shankara, & all sages extol the value of Humility.

Veiling & Distracting

Instead of a battle against negative Artificial enhanced Intelligence depicted in *The Matrix* movie, discovering our true identity pits us against the diminished intelligence of Egoic Mind. Thought arises by attenuation of pure Consciousness in 2 primary ways that involved Veiling [*avarana–Tamas*] & distracting Projection [*vikshepa–Rajas*]. On the one hand, dullness [*Tamas*] is the sleepy sloth that delays our questioning of the Illusion due to passive obscuring of the Real, somewhat like the pod-state in *The Matrix* movies. On the other side, restless desire & fear [*Rajas*] keep us actively focused on the unreal. The latter is quite like the fear & desire that distracts the sleeping human in the Virtual Reality of *The Matrix*.

Pod-state physical Inertia *Tamas* on the one hand, anxiety ridden Virtual Reality drama on the other hand. Artificial Intelligence in the movie has imitated the Ego in utilizing the same 2-pronged passive-active [*Tamas–Rajas*] Illusion. Inertial ignorance is known in Sanskrit as *Tamo–guna* or *Tamas* as in *The Matrix* pod state. *The Matrix* program Illusion indicates the restless distraction of *Rajo–guna* or *Rajas* which is a word cognate to our own words rage, regal, region, regulate, regular, register, & so on



We see another Bad-Elf struck by a Sunshine-Bottle and transformed like the laughing one. This guy, however, hops out of his foxhole and dances happily, singing: “La, la, la, la, la, la, la, la, la, la, la.” But then his bunker buddy hits hi with the Gloom spray and he’s back to being as unhappy as usual. Soon after, they both get hit with Sunshine-Bottle and are simultaneously transformed so that no hand Bad-spray is around to undo the spell. Bother dance outside the bunker and daisies suddenly sprout around them. Former teenage jargon would have described this as “definitely gay.”

#36) Life Matrix 11:

Hallucination

That this World could be hallucination is not so remarkable when we compare our waking adventures to other Mind monitored experiences such as Dream, fantasy, imagination, memory, Day-Dream, psychosis, mirage, mistaken interpretation of testimony, hypnosis, delirium, magician’s illusion, psychedelics or other drug experience. Consider for instance an anti-nausea pharmaceutical *marazein* which is similar to *dramamine*. Instead of taking one tablet for sea sickness, a person who consumed a whole packet might ingest a full gram of *cyclodene hydrochloride*. The result would be an extended part-real & part-illusory experience with unpleasant toxic overtones & various undesirable side effects, no doubt medically dangerous & harmful. In any case, the hallucinator’s body might appear to be at the actual location others would attest to.

Yet imaginary people & events might be mixed in with otherwise *objective* perceptions. Within that Illusion, a scientist might come with a *pill* like in *Total Recall*. Any actual or imagined person may seem to appear though not actually there in mundane terms. To test this Illusion, a suspicious hallucinator might pick up a book & toss it to the “scientist” or whoever might appear. Now if the scientist caught the book, the hallucinator would have to ask himself: *what else did he expect* ? Did he expect the book to pass through the image of the scientist as if through a ghost ? Not likely, even in an Illusion. Such does not generally occur in nightly Dreams. For that matter, how does he know whether the book was actually caught or he just hallucinated the book being caught ? All that while, the book may have actually fallen to the floor with no one else really there to catch it. Then again, how does he know he really picked up a book ?

“Pills” in *The Matrix* & *Total Recall* movies [*& the above-mentioned over-the-counter drug abuse scenario*] all illustrate that from within an Illusion, the Illusion itself is not readily disproved. This book might be like a *pill* in an unreal experience. Missed opportunity however is never the best choice, & swallowing this “*pill*” would be an advantage. Yet not doing so would not really result in an irrevocable problem. A reader would not even find the way to this signpost unless ready to heed it. Thus prepared, the reader can catch another bus if you miss this one. It’s as if *Neo* could have taken either color *pill* red or blue, for any amnesia deriving from the no-go pill would have been only temporary. This “*pill*” of a book in itself also comes in two *colors*, positive & negative.

Absolute Reality is said to be not other than divine Bliss, Happiness, & Love which are the only true feelings much as Consciousness could be said to be the only true substance.

Absolute Reality, divine bliss, Happiness, love, & Consciousness are synonymous with true Being, with Existence. These writings are at times casual or irreverent because there is no reason to be somber. At other points, the essays take a negative turn because glib *Pollyanna* veering from the harsher aspects of this apparent life could be premature so long as that life in the World is lived as real. As much as in the nicer aspects & fleeting joys, there are lessons as well in the passing misery of this life. See the light, or feel the heat, it works either way.

Be careful what you wish for

Being careful about you wish for is also about karma, the Sanskrit for “*action*” & the consequence “*following-with*” action. What I eat determines the feeling in my stomach, my energy level, health, demeanor, & so on. Exercise results in soreness, but also tissue rebuilding & greater strength & endurance. Thoughts can lead to emotions & desires, fears & imagination. All these in turn can motivate our actions. All our thoughts, feelings, & actions affect the people & events around us, all determining the consequences, causes & effects. If the World Dream were an Internet, then each thought, feeling & action is more like entering a URL in an internet browser address bar & reaching a given internet web page as a consequence. Even if mechanical causality must be replaced by some informational process, there still remains some consistency in the consequences. It’s like dialing a number, selecting a channel, & so on. We can acquiesce to or reject a given channel choice but we as characters still do not produce the programs. This is why positive & negative thinking, Mind over matter & so on are effective only to an extent, but never completely. So even though life in the World is a Dream, like nightly Dreams, be careful what you wish for. Consequences do follow on the level of the Dream, much as indigestion before sleep can engender a nightmare.

When *Aladdin* rubs the *lamp*, the *genie* appears. When *Aladdin* makes a wish, there follow consequences. When *Alice* chooses to drink one or another potion in *Wonderland*, her “*World*” experience changes, much like the pill in *Total Recall* & the *blue & red* pills in *The Matrix*. The resulting *karma* is why we still live the good life in this waking Dream, even as we strive to actually awaken.

What matters is that one ill chosen Dream experience can be more chaotic than another & thus tend to distract us from the inner quest. At a given point for a given seeker, attempting to live as a contemplative with extensive meditation & little else could be the perfect platform for Liberation. At another point or for another seeker, one may best benefit from that choice. A resulting Mind trip of boredom, doubt, or hypocrisy could be more distracting than responsible family life for instance. Meditation may begin in leisure time & then expands to fill more & more times of activity & even sleep. Individual past *karma* can influence one’s tendencies & qualify the best choice. Future *karma* resulting from each choice makes the inward journey to freedom more or less difficult. Thoughts have *karma*, consequences beneficial or not. Spoken, written, & non-verbal

communication has more dense *karma*. More potent still is the *karma* deriving from actions. So we do well to be careful what we wish for, what we communicate to others, & the actions we take.

“I see my light come shining”, but “how long must I wait ?”

As for duration & depth of Meditation, many who try will not succeed in this lifetime. A number of well known Sages completed the inward journey in a few years. In Tibet Milarepa was instructed by a sage in the lineage of Padma Sambhava, Guru Rinpoche, with the presumption that overnight should be enough. Milarepa took years but Ramana Maharshi required about thirty minutes, at the age of 16. The Maharshi was identified with Shankara of old who though not as suddenly, did attain Enlightenment at age 16 as well. The Maharshi’s first American disciple was also 16 when greatly awakened, to be totally free at age 19. Yet the sage Janeshwara was half that age or less. Another favorite age among historical sages seems to have been 33 as in the case of Jesus & others. As for sudden rapidity, the known record is Yung Chia who authored the Chinese Ch’an Buddhist *Sutra of Perfect Enlightenment* & is said to have needed 10 seconds to awaken.

Ultimately one is already free & Meditation to Enlightenment is not measured by nor even an event in time. Certainly there is no real comparison, nor God forbid, competition when there never has been an individual. No one is keeping score, but why wait & postpone the inevitable & the most desirable ?

Back into this Matrix

As nighttime sleep winds down with our focus passing from one Dream Matrix to another, we awake again to the daytime Matrix we call this World. Like characters in The Matrix movie, we sense continuity in the events & in our thoughts & actions in this World. Like characters in *The Matrix* film, we too have a deeper mission, but not that of playing out some action movie of our own. Our mission is to escape this World *Matrix* on the inside, at a level deeper than thought. Thought too is only part of this *Matrix* we call the World. The Awareness or Consciousness that knows thought is deeper still & that is where the Reality is found. Escaping on the inside is to be truly free, it is the Liberation which brings complete Happiness. The alternative is the repeated Dreaming within this *Matrix*.

That Dream alternative consists of occasional partial happiness, much tedium, & a small or perhaps very large share of suffering. Failure to awaken from this *Matrix* bodes continued Dreaming in a manner not always happy. While this apparent Body seems to live, this life goes on. After some of the sleep of Death, repeated Dream *Reincarnation* provides continued opportunity for awakening, but with perhaps less happiness, more tedium, & more suffering. In any case there is no guarantee that on the next try you get closer to the truth than you are now.

The next waking World may not be as useful as this one is now. After surviving infancy & childhood, you just might not find the local conditions, weather, politics, culture, & economy to be as conducive. Your own place in society, gender, family & friend relationships, physical condition, mental acuity, emotional health & fortunate clues & guideposts may not be as good a deal as you have right now. Life is ever uncertain & awakening is imperative & limitlessly worthwhile.

Any nightly Dream Matrix is not a very unreliable place from which to awaken, & the Dream *Bardo* states of death would be similarly less useful than the waking state. One silly example could be taken from this author's last Dream when the alarm clock went off this morning. A realized Teacher was in the Dream & that's a generalized good influence but not as useful as the appearance of that sage in a waking "Dream" when one's Mind is more coherent. In this nightly Dream there also appeared the face of a recently deceased friend who had studied with the same sage. Only now the face was seen to be on a large mechanical worm or some sort, like a gigantic version of a nano-mechanical worm from a recent Michael Crichton novel. Even more absurd, this friend worm was from China & had a face that was a Chinese version of my friend. Well of course none of this made any sense, as we all have experienced in nightly Dream. Our daytime waking "Dream" is just as unreal but the greater coherence is more conducive to awakening.

Liberation is not gained by simply dispelling the Illusion of the World, the Body, & the Mind, even though those are the powerful steps toward Liberation. Enlightenment or Liberation is the direct unchanging experience of oneself as the vast perfect background of pure Consciousness. Focus of identity is erroneously attached to the ego individual who we feel is thinking the thoughts of the given Mind. But there is no individualized soul infusing a Brain encased within a Body, born, living & dying in a World. Renouncing that error leaves only the vast perfect background of pure Consciousness





The log-cannon shot one bottle at a time, while the catapult launched 4 bottles at a shot. But now the Good-Elf Air-force has been mobilized and under each Dragon-Fly, the Good-Elf riding piggy-back has 10 bottles to drop from the air, 5 on the right and 5 not shown on the left. Noteworthy is it that the Good-Elves retaliate from Left to Right which is our natural direction. But this also compares to the Left to Right direction of the USA engaging in the European theater in WWI and in the Asian theater thereafter.

#37) Life Matrix 12:

the Good

“Happy” originally means having good luck, favorable fortune. The hapless experiences undesirable happenstance while good things happen for the happy. The emphasis is on benevolent fate. Similarly “good” & other Indo-European cognates & words with the same meaning like “*shiva*” mean “*auspicious*” or portending desirable fortune & fate. The source of desirable fortune is Shiva, the Good or God. We need to go well beyond that older sense of a paternal benefactor who “*blesses*” us with good outcomes.

“*Bless*” is better linked here with its original meaning the “*bliss*” of absolute freedom & attainment. We go beyond all such primitive meanings such as “*ecstasy*” as in “*stand outside of*” or “*rapture*” as in caught up in or “*enthralled*.”

“*Ambrosia*” [also refers to subtle Fragrance – Smell] meant “*deathless*” before it indicated the transcendent fragrance or flavor used in funerals that celebrate immortality of a soul [& later meant more ordinary fragrance].

Similarly “*Amrita*” [*also refers to subtle Rasa – Taste*] meant “deathless” like *Ambrosia* before it too meant something more ordinary – *nectar*. The term God is used here to designate pure Consciousness, the Non-Dual Absolute Reality. There is nothing else that exists.

We exclude other exoteric used of the term God as could be found in popular scriptures used by Catholic, Jew, Hindu, Buddhist, or Moslem. For example, a random Protestant may feel that God refers to a Supreme Being who approves of Christianity only, most especially say some Baptist sect. In particular, this God may favor a specific church, or a favorite preacher, a favorite biblical interpretation. Such may be the view of some very local minister or perhaps those of Billy Graham, Jerry Fallwell, or Pat Robinson. Fundamentalists in Christianity, Judaism, Islam, Hinduism, & Buddhism have especially narrow views of God. Any concept of God can usefully engender a sense of the sacred, but the narrow meanings are far from the “good,” the auspicious & happy, the God referred to here.

Powers

Unlike Morpheus & Neo of *The Matrix* we seek no special power in this Dream World, no special skill, success, wealth, fame, or any other such advantage. If Jesus walked on water & raised the dead, in no way does such Dream power in itself prove Reality or finally serve to make Reality known. Like Jesus & Sai Baba, Neo raises Trinity from death in *Matrix Reloaded* & the *Golden Child* does so in an Eddy Murphy movie.

I have do direct data about Jesus but I have seen the more contemporary figure of Sai Baba materialize objects out of thin air in an old movie clip long made before these “special effects” could be technically edited in as readily as they can be today. Among many such objects, one for instance was a 1-foot by 2-foot ceremonial silver tray. He pulled back his sleeves in a nothing-up-my-sleeves gesture, on stage before an audience of thousands, including press & various officials. Sai Baba then raised his hand & bright light began to shine just beyond his fingertips. The dazzling light gradually took the form of silvery plasma & then molten silver metal. In a matter of seconds this congealed into a decorative silver tray thereupon used for a ceremony.

Ram Dass, Richard Alpert related a report of a doubting Thomas for whom Sai Baba materialized a Rolex watch. When the recipient later spied a serial number he was sure he had caught the fraud. Tracing the number back with the factory in Switzerland, the doubter tracked down the registered owner with that serial number. There he gazed at an identical watch with the same serial number on each. Each was a true Rolex, a duplication of serial number that supposedly never happened.

I myself again have seen videos in which photos of Sai Baba on the altars of many devotees were exuding substantial amounts of *virbhuti* sacred ash. The gray powder pours right out of the paper image or glass cover, falling all over the floor in piles of ash. This supposedly occurs in many places all the time in various parts of the World. Now Ram Dass again was told a disclaimer. An Indian gentleman claimed to have proof that Sai Baba's *virbhuti* trick was a hoax. This gentleman knew of a warehouse in which Sai Baba stored copious stores of *virbhuti* ash. Anyone viewing the large bin of *virbhuti* could see the level spontaneously & steadily going down. Sai Baba was thus said to be faking the materialization. Instead he was simply teleporting the ash to all those photos & not really materializing it at all, supposedly less miraculous. :-)

Decades ago, many saw Uri Geller mentally bend large steel spoons on live TV [*though skeptics supposedly "debunked" Geller when he once failed to perform on film*]. The 14th Astronaut Edgar Mitchell once acquiesced to a plea from his supposedly telepathic wife to verify her experiment. Taking care to synchronize clocks he found that the sequence of randomized geometric figure cards that he looked at on the Moon were exactly listed by his wife back on Earth. Her instantaneous response was faster than the speed of light which would presumably limit some kind of Brain signal. The no longer skeptical astronaut Mitchell went on to start the *Noetics* Foundation in Marin County above San Francisco which made documentaries about faith healing & psychic surgeons.

Noetics has also hosted fellowships for scholars such as Professor Amrit Goswami, an Oregon university staff physicist who published the *Self Aware Universe*. Goswami & his friend Nick Herbert who wrote *Quantum Reality* later guest-lectured in my own Quantum Mechanics lecture series upon which part of this book is based.

I once offered to that Noetics Foundation, for infrared spectroscopy, a supposed sample of Sai Baba's manifested *virbhuti*, for comparison with ordinary *virbhuti* ash. I similarly offered a sample of fluid *amrita* [*also refers to subtle Rasa – Taste*] that Sai Baba had supposedly materialized. This again was for spectroscopic comparison with *Amrita*, which like "*ambrosia*" meant "*deathless*". The *Amrita* inquestion was supposedly gathered from another controversial source – Maharishi Mahesh Yogi. The Maharishi claimed that his best meditators produced this traditional mystic "juice" from the Pineal gland when it dripped into their Pharyngeal area just as it supposedly had for Himalayan yogis over the centuries.

Curiosities or nonsense, these Dream themes mean nothing. No more than Neo raising the dead, or Jesus changing water into wine or making fish sandwiches for 5 thousand. Nor would any other healing or prosperity consciousness or any other metaphysics be the point, however useful in the Dream World. Sai Baba's actions & his teachings may have inspirational value, just as any miracles performed by Jesus may have served a purpose, but ultimately, powers in this Dream World are irrelevant.

Kingdom

What does matter is that Jesus said that the “kingdom is *within*, ...*is at hand*, .. *is not of this World*” & lies in the knowledge that “*I & God are One*”, that “*you are God if you but know it*”, that “*I am in you & you are in me.*” To know the “*truth that sets you free*”, love of God, renunciation of the World, & Self-Knowledge are important teachings, but not any powers in the Dream World. The gospel of Thomas & other more Non-Dual *Apocryphal* texts emphasized Absolute Truth rather than miracles in this Dream World.

Some seekers find other spiritual paths, philosophical & religious traditions that have taught similarly. If any small number of teachers throughout history have been able to materialize objects & perhaps even raise the dead, their power over the Dream may have been facilitated by partial or complete true knowledge. But the truth itself is what has the real power, the power to transcend the Dream World.

Wages of sin

We need no special powers for unlike *Morpheus* & *Neo*, we combat only our own Ignorance. Ignorance alone is “death” to full immortal Happiness. Like *Cypher*, the disloyal programmer in the *Morpheus* crew, we ourselves choose again & again to re-enter the Illusion in the false hope that the partial enjoyments there are easier points of rest than the joyful effort to awaken. As antidote to that common error, one can peek at the true horror story, the illusory suffering of embodied individual life in a World. Those are the “*wages of sin*,” of our Gap [*Sin, like Sine of angle, nautical & anatomical Sinus, all derive from the Gap between a Bowstring & the Bow*] between Truth & Ignorance. If we examine thought, including the thought of Time & the thought about thought, we watch the Mind dissolve. Free of the World & Body, pure Mind resolves in Consciousness. We can call that Non-Dual Consciousness, God, & the One Self, that we know absolutely when we know “I”.



Well the Dragon-Fly Air-Force successfully bombs the Bad-Elf camp and even the ramshackle huts undergo instant carpentry improvement as flowers bloom. The dark-pit Well of Gloom takes enough hits to transform into an innocuous Fountain. The good-Elves rush the camp and each Good-Elf tackles a Bad-Elf, drags him to the new Fountain and begins to “water-board” him, so to speak. How many people got unconscious childhood ideas from this 1935 Cartoon. I know it was my very favorite single media, from Saturday morning TV cartoons, while parents slept in. Anyway, this “water-boarding” in the still popular old fashioned style of dunking the Bad-Elf under water, perhaps the original converting “baptism” “brain-washing” from ages long before John the

Baptist. Letting the Bad-Elf up time after time proved to be of no avail. Each time that one would pull up a Bad-Elf just before he drowned, he repeated his manifesto: "I don't want to be happy, I want to be sad! I don't want to be happy, I want to be sad!" Accepting that "water" interrogation wasn't going to work, the Good-Elves step it up to Chemical Interrogation. Each hold the nose of a drenched Bad-Elf and force-feeds him a Bottle of Sunshine. We see the Sunshine illuminating the dark Elf from with-in, a virtual X-ray glow from inside. X-ray was still an poorly understood novelty for the general public in the early 1930's. Then again the cartoon may have pre-figured a future when radioactive contamination would have us all "glowing in the dark." With his Body glowing from the ingested Bottle, the dark Elf finally changes his tune to: "I don't want to be Sad, I want to be Glad. I'll never fuss, I'll never be Bad, because I want to be Glad." Curiously, the Sunshine does not so much MAKE the dark Elves HAPPY, so much as it makes them WANT TO BE HAPPY. It is the wanting that makes it so either way, sad or happy. Finally Elves of all colors hold hands and sing as the camera aperture closes down the scene and the cartoon. They sang: "And all the World is Free and Glad, because we don't want to be Sad." Actually pretty deep for a 1935 cartoon. The equation of Goodness with Happiness, and Evil with Un-Happiness is spot on. The World Wide Depression and the past memory of WWI broke many out of the Spell of Materialist religion and a more deeply spiritual Renaissance of Eastern philosophy sprouted in many countries with "bohemian" hippies flouting long hair, drugs, and free love in the 1930's. This was much like the Vietnam War Era phenomenon of the late 1960's and '70's. But WWII and then worse yet, spiritually that is, post-war prosperity changed all that. In the later blossoming, the Neo-Con reaction and a series of financial bubbles did the same quenching of the 60's - 70's hippie New Age. The price of those bubbles that had Fortune Magazine's cover touting "everyone is getting rich!", the price of enriching 0.01% of the World's population, was nothing more than impoverishing the whole World, increasing environmental collapse, pestilence, and driving us from the dead surface of the Earth into VR by the turn of the 22nd century. (Several copies of the public domain *Sunshine Makers* are easily downloaded from *Youtube*.)

#38) Life Matrix 13:

Meaning of Life

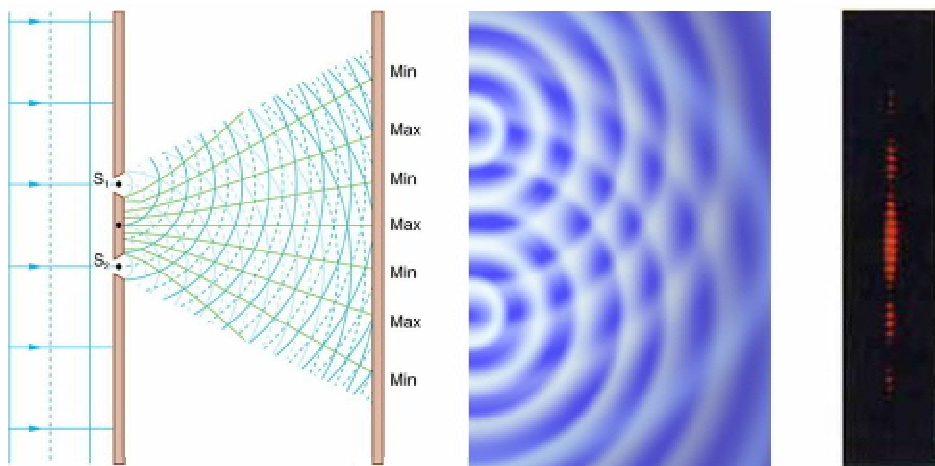
The wisest men & women, & a few children in various cultures throughout the World, over many centuries of time, have all agreed that the Meaning of Life is discovered by asking the questions *Who ?*, *What ?*, & *If ?*, rather than for instance *Why ?* or *How ?* Those important questions can be considered to include: *Who am I ? What am I ? What exists ? What is real ? What is this World ? What is Life ? What is the Meaning of Life ?* The first 2: *Who am I ?* & *What am I ?* are equivalent & deliver in a word the same ambiguous answer, just as do the questions: *What exists ?* & *What is real ?* That one answer is: "God".

To the question: *What is this World ?* the answer is: "nothing". This all leads to *What is life ?* & *What is the meaning of Life ?* To further clarify the answer to: *What is this World ?* let it be said that the answer to that *What ?* – question is to be found in answering the question *Who ?* Tempting is it to ask *How ?* the World came to be, *How ?* I came to be here in this World in or as a Body with a Mind. But rather than *How ?* or *Why ?* it is more important to first settle: *If ?* or *Whether ?* there is a World, by use of the question *Who am I ?*



World is Unreal – water waves

Answer to the many questions *Who ?*, *What ?*, & *If ?* can begin with answering the question *If ?* in regard to the World. Though apparently familiar & inconsequential, an incredible deep view begins with a pebble in a puddle. Consider a familiar sight, the expanding circular pattern of little water waves centered from the stone dropped into a still pond. If 2 similar stones had been dropped simultaneously onto nearby spots on the surface of the still pond, the intervening circular waves would meet up with each other. At some locations they would crash in concert so as to double into a higher crest. At other locations they would conflict out-of-sync & cancel each other out. This pattern of constructive & destructive interference results in an organized but complex pattern of interference fringes. For simplicity, imagine the stones both dropped near a sheer cliff of rock bordering the pond so that only interfering half circles are visualized. The significance of this image is developed in what follows.



Light waves

Now if Light shines through a pinhole into a dark Space, the microscopic light waves exit that aperture in concentric waves similar to the water waves, only now a 3-D version from the point source. A good microscopic analogy for the single dropped stone is enhanced by using monochrome, single wavelength light, especially when emitted in orderly coherence from a laser. We can verify the above *water wave* pattern with a photographic plate or photo-detector that captures the interference pattern from 2 nearby pinholes. These pinholes generate *interfering* sets of wave like the 2 stones did. Just as the 2 stones were dropped simultaneously, so too do the 2 nearby slits can transmit coherent single wavelength light simultaneously from the same laser source. If we focus our imagination on a narrow horizontal slice of these interfering waves, we see semicircular concentric patterns of waves similar to the pattern on the 2-D surface of the pond struck by a stone. In this way we can support our intuition by visualizing microscopic light waves to be like the water waves.

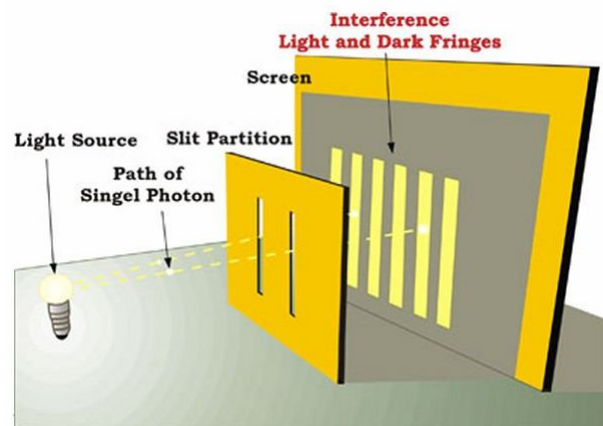


Bullets

For another comparison we could set up much bigger & wider slits & spray machine gun fire at the 2 slits from a distance so that some bullets pass through each slit. Let us make the slit material of such thin sheet metal that complicating ricochet off the inside edges of the slit could be neglected. A soft board on the other side would show an impact pattern of individual bullets hitting as 2 shadows of the 2 slits.

Now in yet another version we fire tiny bullets through tiny slits, tiny quantum particles such as *Electrons*. We might expect 2 smaller shadows again. We might expect the quantum particles to pass through the 2 slits & strike the recording surface in 2 shadow bands just like a smaller version of the machine gun bullets. But instead, individual quantum particles act *like waves of light* & produce wave *interference fringes* at the detecting surface instead of 2 simple [*bullet-type*] shadows. Each *Electron* impact is an actual particle impact but the overall accumulated pattern of *Electrons* makes interference patterns. These particles cannot be continuous like water waves but the interference pattern results nonetheless. Quantum particles behave *both as particles & as waves*. As it turns out, Light waves are actually composed of quantum Photon particles as well. The detecting surface is struck by particles in bullet, *Electrons*, & Photon double slit

experiments. But unlike the bullets, the quantum *Electrons* & photons behave as waves before impact & produce wave *interference fringes* at the detector.



Single quanta

We can slow down the rate of electrons so that *only one* such particle arrives at the double slit barrier at a given time. We might expect the single particle to function like a tiny bullet. With no 2nd particle immediately available to interact with it, the particle should pass through one or the other slit to strike the detector like a bullet. We might expect that over time a number of these isolated particles, passing through one slit or the other, would accumulate at the detector in 2 bullet like bands. Instead we again find *interference fringes* appear just as we did for a more concentrated electron beam shining for a shorter time. The significance of this finding & comparable demonstrations is truly *earth shaking*. They show that the World is unreal. In brief, they answer the *If ?* question in the negative. No, the World has never come to be. If this riddle were an onion we might unravel it layer by layer as follows.

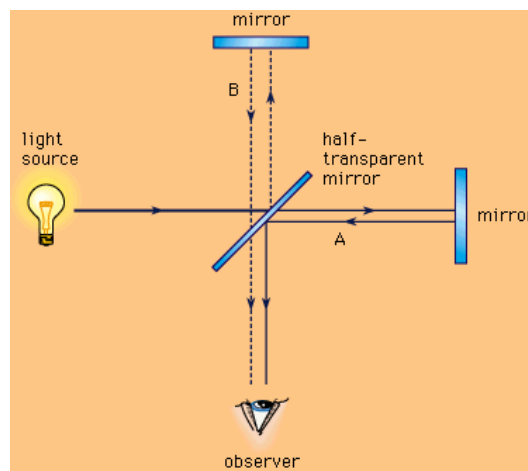
Uncertainty Principle

We could at first say that each wave interferes with itself in the sporadic one-at-a-time case. But how can it make sense that a single electron goes through both splits simultaneously & each half interferes with the other half ? One way to check into this further would be to shine some kind of flashlight sideways on each slit & determine for certain the passage of an electron through a specific slit at a specific time. Well as soon as we start to note these particular transits of electrons through particular slits we see the bullet-like particle pattern at the detector instead of the wave interference. When we look at the slits in the slow electron study we see shadows of the 2 slits as we let the impacts accumulate. Interference is gone, the quantum wave behavior is gone. If we dim the flashlight so that some electrons go by undetected we start to get a mix of bullet impact patterns & wave interference fringes. When the flashlight is weakened the wave fringes begin to come back & ultimately return in full with diminishing flashlight intensity.

A preliminary mechanical interpretation of the Uncertainty Principle would say that the illuminating light photons disturb the electron waves by knocking the electrons out-of-sync. In this way the photons disrupt the interference. In many quantum interactions this interpretation of the Uncertainty Principle is a workable option. Refining the experiment reveals, however, that it is our knowledge about which slit was traversed that converts the quantum phenomena reality into particle behavior. The extended significance is that the World is actually constructed of knowledge, a picture show in Consciousness. This World is not “real” in any physical sense of it consisting of independent objects. *[More words would be needed to include "delayed choice" et. experiments that verify that so-called "matter particles" are unreal waves of probability Information, etc.]*

One's very sense of **Identity**, sense of **Existence** must abide as, be absorbed in that **Existence** which is **Absolute**. No longer think of oneself in any manner whatsoever. No longer imagine oneself to be limited by, or defined by anything conceived in the **Mind**. One is the **Existence**. Let there be no mistake.

#39) Life Matrix 14:



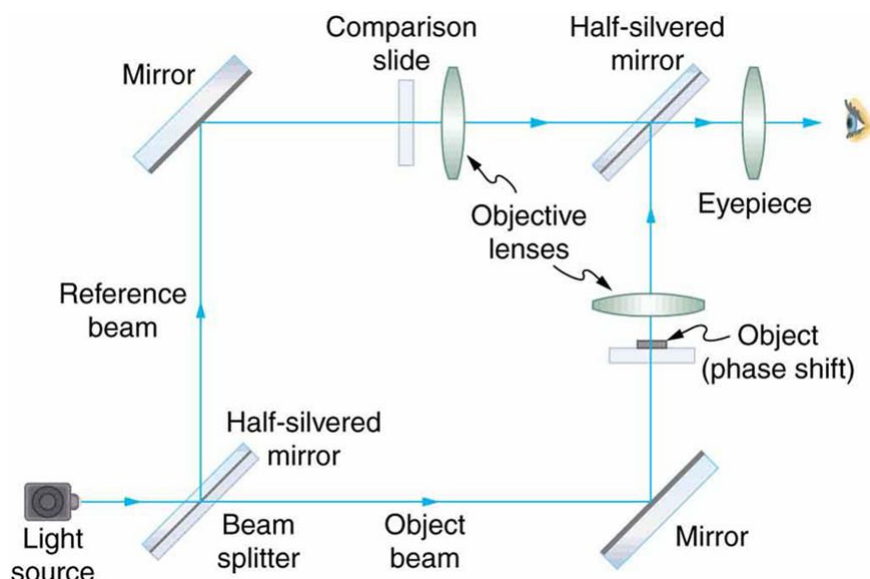
simplified beam splitting

Split beam

In yet another modification of the experiment, we no longer send a beam of electrons through 2 slits. We now split our beam of coherent light by passing it through a half silvered mirror set at 45 degrees diagonally across the path. In this case half of the beam passes through & half is reflected off at 90 degrees to that path, like a ricochet off a diagonal wall. Now these 2 simultaneous beams, with waves in step, are reflected again by 45 degree mirrors & thus bounced through alternative paths of equal length around a

rectangle so that they *cross each other* again at 90 degrees when they reach the far corner of the rectangle. Since they pass at a 90 degrees they do not interfere & 2 detectors must be placed to note the arrival from each direction.

When the beam is slowed down enough we expect & find only one electron at a time. Half the time an electron strikes one detector. Half the time an electron strikes the other detector. We would conclude that half the time the electron goes completely through the beam splitting mirror & half the time it is reflected.



[phase shift beam splitting](#)

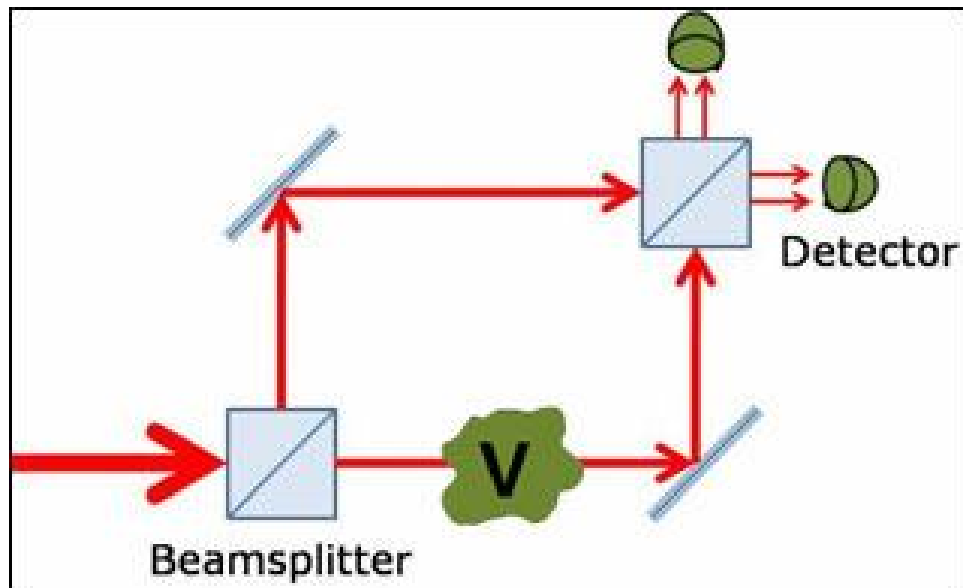
Rejoined beams

But in yet another refinement we can put another half silvered mirror at this far end of the rectangle, now diagonally set at 45 degrees to both paths. When the beams are about to cross again one is now reflected & made parallel to the other. Quantum waves are again demonstrated as interference fringes at one detector, while the other detector is no longer needed & would not be recording anything.

And sure enough, now sending the beam again at the slow *one-at-a-time* rate once more results in the same quantum wave interference in this 2 half mirror situation. Since the single electron wave-particle again seems to interfere with itself, we again conclude that each single quantum photon is in fact split at the first half silvered mirror & then is rejoined as 2 parallel partial particle waves that result in interference patterns accumulating at the detector.

In case we have forgotten, we can pull the 2nd half silvered interference-producing mirror out again & of course we find that only one particle arrives at a time, half the time striking one detector & half the time striking the other. This would again mean the particle did not split at the 1st splitting mirror. How did it know whether there would be a

2nd half silvered mirror or not? How did it know whether to split or not. Since the uncombined alternative paths cross at a perpendicular angle, the “choice” as to which path was taken is all the more clearly distinct, one or the other. Yet when a 2nd mirror lies ahead the single wave-particle splits so as to interfere. How does it know whether the 2nd mirror lies ahead or not? For the sake of discussion let us assume the wavefunction extends forward in some way & anticipates the path ahead. Ridiculous as this may seem, let it stand in place of any other explanation however more plausible or intricate. For even given such a hypothetical explanation, we can take the experiment one more step & confound that rationale as well.



*ultra-simple beam splitting
where "V" means its Virtual there
& the 2 detectors mentioned are evident*

Delayed choice

We can then deepen the mystery if we put the 2nd interference-producing half silvered mirror on a mechanism that can rapidly insert or withdraw the mirror so fast that the switch compares with the speed of light, or the fastest electrons, around the rectangle. Inserting the 2nd mirror while letting a single electron enter the rectangular path, we can leave it in long enough for the particle to pass the 1st mirror, but then renege & pull the 2nd interference-producing half silvered mirror back out again before the particle gets there. Well sure enough it gets recorded as a full particle coming from one or the other direction. Now even if it had some way to know what lies ahead it could not have known that we would take the 2nd mirror away since that hadn't happened yet & it would either split at the 1st mirror or not. Once passing the 1st mirror it could not retroactively change its behavior just because we later retracted the 2nd mirror.

Interpretation

If either slowed-down beam experiment did not convince one that the World is unreal, this latter delayed-choice experiment certainly should. The wave-particle is neither wave nor particle nor both in any physical sense. The wave-particles are not physical at all. Since all matter is composed of such quanta, nothing is really physical. “Matter particles” are only potentialities describable by abstract mathematics. In one sense they become “physical” in the instant of conscious observation or measurement. In this way our conscious choice to include the 2nd mirror or to retract it determines the outcome observed. The slow sequence of single wave-particles does cause each to split out into all possible paths & interfere with itself, but only as abstract mathematical wave functions. These are non-physical potentialities which are “collapsed” by conscious perception into an “observable” quality of the quantum wave-particle.

But that which interacts with our senses or sense-extending measuring apparatus is only an aspect or quality. What becomes momentarily “physical” for the infinitesimal instant of perception is an adjective instead of a noun. Such an adjective existing for an immeasurably & unimaginably brief instant is not really “physical” either. There is nothing physical perceived & even less to point at between perceptions. The physical world is unreal. Countless other experiments & phenomena have proven the same thing. The quantum particle is always a wave, but not a physical one. It has been said to be a mathematical entity, a wave in Aristotle’s *Potentia*, a probability amplitude, which is not a physical thing.

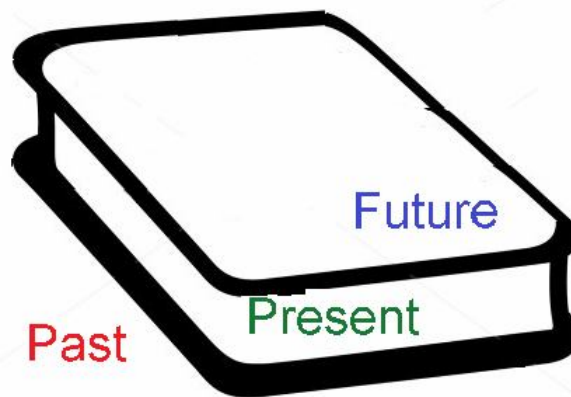
The wavefunction is itself not a thing, it is more like a Newspaper sports column making predictions on an athletic event. Mathematically the wavefunction can be a “column,” a Dirac *ket* column vector in *bra-ket* formalism, a *Matrix* but in the Heisenberg sense, or a Geoffrey Chew *S-matrix* [which later was reborn as *String Theory*] of predictive Green’s scattering functions. However marvelous a prediction, a sports column is not itself an athletic event, a wavefunction is not a physical thing. There is no independent “physical” particle to which the wavefunction continuously corresponds. There is no independent “physical” world to which perceptions correspond.



#40) Life Matrix 15:

Time sandwich

To scrutinize Time, we considered a century back in the Past, when your Body certainly did not exist. Going back a millionth of a second back into the Past. In either case that Time is gone forever. Projecting imagination a century into the Future long after your body ceases to exist. Likewise a millionth of a second into the Future is also a moment that has not yet come to be. Slicing backwards more finely into the Past & forward into the Future by trillionths of a second, by quintillionths & so on. The Present moment is progressively sandwiched between Past & Future Times that do not exist. The Present Time interval of *Now* narrows down to no extent of Time at all. All the Past no longer exists. The Future has not yet come to be. That *Now* moment of conscious observation or measurement that momentarily collapses the *Potentia* wavefunction of mathematical probability amplitude is likewise of no real extent any more than any Present *Now* moment is.



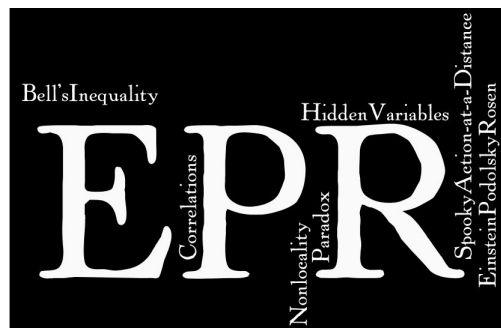
Since Past & Future moments no longer exist or have not yet come to be, there remains no interval in which the Present *Now* can exist. For this reason some philosophers have said that “*now*” is an unchanging Present that never begins & never ends. Others just say that Time is an Illusion. Every dream of a Present *Now* moment has telescoped within it the sequence of Past “frames” like a collapsed cinema film, along with anticipated projections of Future “frames.”

Timeless World

If we explore our own experience of physical Perception we only need to slice Time by many microseconds to jump ahead of the Time required for nerve transmission. The Perception we experience is of a World that is gone forever. Before our Perception of it could travel the sense nerve pathways that World is gone, vanishing into the Past of non-existence. Apparently containing all things & processes, the principle of Time is also their source of all things & processes as well as their destination for eventual dissolution.

Yet all the while Time remains untouched by the forms of objects or events & reveals no trace of them before or after their appearance.

That moment of conscious observation or measurement which collapses & thus grants to the that quantum wavefunction of mathematical probability amplitude even this momentary physical existence, for no describable extent of Time, is only an aspect, an adjective, & not a noun, & further mystery unfolds as well. If the position of a quantum is pinned down, the momentum is completely uncertain, & vice versa. If the Time is pinned down, the energy is completely uncertain, & vice versa. This *Heisenberg Uncertainty Principle* inspired Albert Einstein along with two of his friends to propose the *Einstein-Podolsky-Rosen* or EPR paradox as an attempt to prove the incompleteness of Quantum Mechanics.



Related Physics quandaries

EPR

Quantum Theory as much as claims that the quantum particle is like a deck of cards. Quantum Mechanics can only predict the probability of particular hands to be dealt from a pre-shuffled deck. Neither God nor anyone else could know or even infer the “hidden variables,” the exact particular sequence of the actual cards. Since Einstein felt that probabilistic Quantum Mechanics could not be complete, he challenged the Copenhagen group of Quantum Mechanics with the EPR paradox which described 2 interacting quantum particles A & B. According to Schrodinger’s Wave Mechanics or Heisenberg’s Matrix Mechanics, the interacting particles would be found to have *correlated* or *entangled* wavefunctions thereafter. Heisenberg Uncertainty Principle would further declare that for any single particle, its position could not be fixed at the same Time that its momenta m_A or m_B could be precisely determined. But conservation of momentum would require that the total momentum M or the 2 at the instant of interaction would remain conserved as M even if the relative contribution of m_A & m_B were not known.

Any one of these momenta, however, could only be pinned down at the expense of uncertainty in that particle’s position. Prior to any such determination, a single particle like A could have either position or momentum fixed, or some compromise of partially certain position & partially certain momentum. Bohr & Schrodinger would say that such choice or mix would be made by the conscious observation chosen. Without such observation, neither choice would be made & any or all mixtures would be possible. Thus

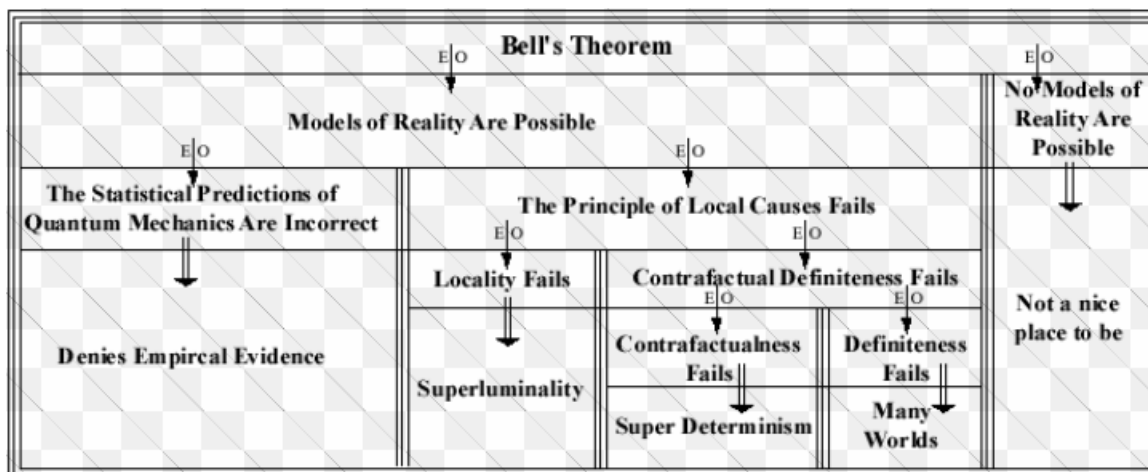
would this continue to be the case for particle B as well after it traveled some distance away from particle A.

But if at some later point particle A were carefully observed so that m_A were fixed very precisely then just as precisely would $m_B = M - m_A$ be fixed even though particle B was not itself observed. This instantaneous fixing of m_B would be equivalent to particle B's wavefunction being instantly collapsed at whatever distance. Einstein's own Relativity disallowed action at a distance occurring any faster than the speed of light. Instantaneous influence would be impossible. Therefore either Quantum Mechanics is shown to be incomplete at best, incorrect at worst. If somehow particle B's wavefunction was collapsed instantaneously at a distance, the universe of quantum & other objects must be admitted to be non-local. In brief, this would mean that Time & Space are meaningless in such a case. For years, Einstein was confident that he had caught the Copenhagen group of Quantum Mechanics in an inescapable *Paradox* because none of these mysterious outcomes could be possible.

Bell's Theorem (Reality must be non-local) is remarkable for several reasons: 1) it is a mathematical proof, not a conjecture or speculation; 2) it is a proof about Reality not Appearances. How often does one find such a window into the nature of reality?

Aspect & Bell

In response to the EPR Paradox, Bell's Theorem convincingly argued that the unthinkable absurdity with which Einstein teased the Copenhagen group was actually the fact. There would be instantaneous collapse of the other wavefunction at however great a distance. This would seem to betray the mundane universe but the Wave Mechanics of Erwin Schrodinger belied the very existence of any such universe & inspired Schrodinger's study of Indian Vedanta philosophy. Heisenberg studied Buddhism, & Bohr put the Taoist *yin-yang* symbol on his coat of arms when knighted by the royals of Denmark.



Bell's Theorem options

In time, Alain Aspect later proved Bell's Theorem & the improbable horn of the EPR dilemma. A pair of twined polarized particles exhibited instantaneous collapse of one particle's *wavefunction* at a distance as a result of the collapse of the other particle's *wavefunction*. Heroic rationales range from communication by faster-than-light tachyons to hyperspace stapling of the twin particles. In the latter scenario, particles correlated by interaction would remain in contact across a zero distance in 5-D hyperspace even if their own 4-D space-Time distances would become great. This 5-D hyperspace would then be pinched-stapled by countless correlated pairs of particles into a vast crinkled 5-D spitball.

Heroic rationales aside, what Quantum Mechanics in the *double slit*, *delayed choice*, *EPR* & countless other demonstrations & technologies indicate is as follows. The quantum particle is not a thing, it is not physical. John Wheeler's extension of Einstein's Relativity in fact blends all of matter with Time-space into a non-material web of energy in which matter is a warp or wrinkle. But Quantum Mechanics leaves the quantum particle as no kind of noun at all, neither physical matter nor energy nor space-Time. Quantum Mechanics admits only of pseudo-physical adjectives for an infinitesimal instant of consciousness observation.

"Quantum particle" is a category that includes light & similar energy along with all electrons, all protons & other nuclear particles, & therefore all atoms. That means all molecules & objects, all the cells of one's body & brain, the whole universe & everything we ordinarily call our physical selves. All that remains is consciousness, & perhaps the collection of thoughts called mind. I say perhaps because Quantum Mechanics cannot speak to this latter issue. But as for the World, it is definitely unreal. So rather than ask about the nature of the World & the creation of the universe, ask If ? & answer no.

Precedent

All this is actually not so foreign an idea, even to Western thought. The very term *human* along with man or woman contain the Indo-European root word for division from which

we also get the terms mean & median, medium & measure, moon & menses, *mantra* & manipulation. From the cognate Sanskrit term manu came the tiniest *paramanu* or supreme division. Long ago this expressed the idea that the World could be resolvable into tiniest components. Leucippus & Democritus later called these “unsliceables” or “atoms” much as resurrected in a later millennium by John Dalton. Thompson’s model of the atom lead to that of Neils Bohr & to Schrodinger’s Wave Mechanics. But even Democritus was challenged by the Pre-Socratic Greek philosophers of Elea, namely Parmedides & his students Zeno & Melissus who denied the reality of the World in favor of the sole substance of divine being. The Eleatic philosophers inspired the Socratic emphasis on self-knowledge but the Non-Duality of the Eleatics was watered down in the metaphysical idealism of Socrates & his student Plato. Even though watered down, Plato’s “cave” still indicated a non-physical World of pure Perception.

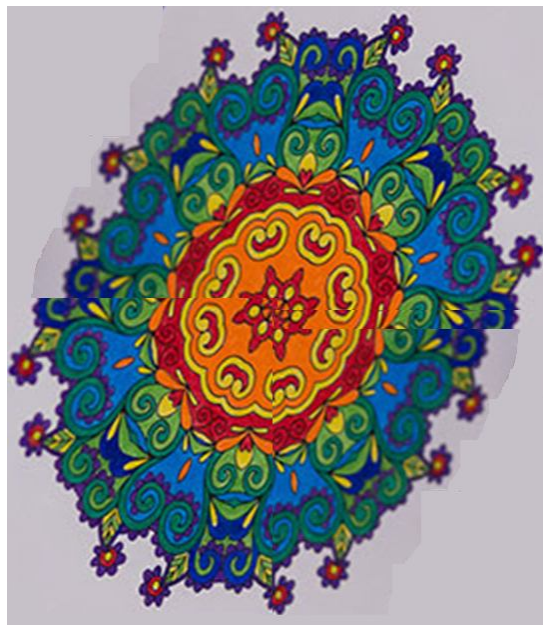
Gnostics identified the Eleatic concept of Being with the logos, Consciousness. Neo-Platonists like the Dionysius also known as St. Denis & others such as the female philosopher-mathematician Hypathia were closer in thought to those earlier Eliatic phlosophers & the likewise mystical Hermetic philosophers. The last century’s discovery of the Nag Hammadi library revealed apocryphal Gnostic Christian texts of teachings consistent with the Eleatic philosophers, including testimony by Jesus, James, John, Mary, Thomas & others. Meister Eckhart echoed this same “non-World view” a millennium later as head of the Dominican order & as chairman of the philosophy department at the then paramount University of Paris.

Encouraged by the ancient philosophers & the somewhat sympathetic Rene Descartes, the philosopher George Berkeley deduced the same Idealism, as did Baruch Spinoza who declared God to be the only non-physical substance of the universe. Gottfried Leibnitz expressed some of these same ideas & Immanuel Kant again claimed a non-physical nature for the World.

When Max Planck explained the staircase discreteness of light’s spectrum of energies, Neils Bohr fashioned from this Quantum Mechanics & the Wave Theory of Louis de Broglie. His own Quantum Wave Theory of matter culminated in Erwin Schrodingers Wave Mechanics & the Copenhagen Convention. This Quantum Idealism included Werner Heisenberg’s Uncertainty Principle & Matrix Mechanics & Max Born’s probabilistic interpretation of the wavefunction. Then came Paul Dirac’s abstract bra-kets & Zero Point Energy. Stepping back further one could note an even earlier displacement of matter by the less substantial concept of energy in the thermodynamics of Kelvin, Clausius, Ostwald, Rutherford, Gibbs, & Maxwell. From Maxwell’s electromagnetic theory one could again trace Minowski’s 4-D Space through Einstein, Bohm, Wheeler, & Feynmann to reveal a continuing replacement of the physical with a universe that is more of a mathematical construct. Countless religions have approached more or less closely to Absolute nonduality as & ideal or ultimate conclusion. Even some alternative health care

schemes have been based on a very spiritual universe or one consisting of “intelligence” or “mind” or Consciousness itself. So the understanding that the World is unreal is actually not so foreign an idea, even to Western thought. In most Eastern thought, this understanding is the highest orthodoxy.

With no World there are no Bodies. Separation of individual Minds & *Beings* vanishes. Many thoughts are based upon body identification supported by the idea of a real World. Many other thoughts are grounded in the assumption of a separable mind. All thoughts are referenced to the individual entertaining the thoughts. As mind must later be brought into question, all the more so must individuality itself be doubted. To answer to the questions of What? one must first question: *Who* ?



#41) Life Matrix 16:

Meaning exists in Consciousness

Life does seem to be important & mysterious. For Life to possibly have no meaning is conceivable in one sense. But such a conception begs various fundamental questions. Why & How does anything exist at all ? What if there were nothing ? Could that have been the case, could there have been nothing ? These are at the same Time both deep & ridiculous questions. Whether there could have been nothing or not, there is clearly something because you must surely have the realization: *I exist. I know that I exist, & I know that I know.* If someone wakes me in middle of deep sleep & quickly questions me: *Do you exist ?* I would have an immediate affirmative knowledge, “*Yes, of course, certainly without a doubt.*” I experience this at a “*speed*” faster than thought. In fact that knowledge is seemingly instantaneous. This knowledge literally takes no Time at all & does not even require the thought process “*I am*” or even “*I.*”



Similarly immediate is the experience of knowing that *I exist*. If nothing else, knowing itself is in fact proven or presumed in establishing that *I exist* since that is at least one thing I know. So a seemingly 2nd thing I know *instantaneously* is that *I know that I know*. In truth, how can anything be said to exist, *how can I be said to exist*, if that existence is not known. What meaning can there be in referring to something utterly unknowable as yet existing. Who can say that ? How can they say that ? Why should they say that ? If such could be said, then where is the limit to be drawn. All kinds of things could be said to exist even if utterly unknowable. On the contrary, my Existence is established in my knowing of it. Furthermore, it can be said that this Existence & Knowing are at least inseparable, if not identical.



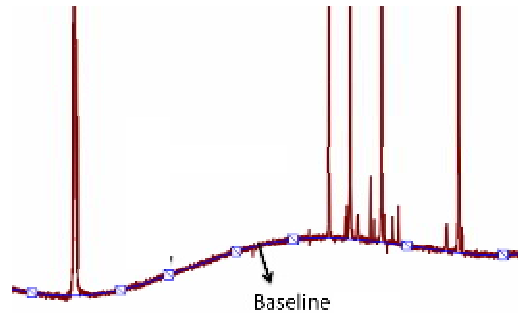
Almost everything else I would seem to know requires thought process. But if something else I know requires thought formulation, I will only know those thoughts, if that. For example, I might say that I know that a *chair* is nearby. What I mean by this is that light waves that seem to be bouncing off a *chair* excite nerves in my eyes & my brain gets the electrical nerve signal & conjures up the image that I interpret as the *chair*. Then I mentally assess this brain activity & conceive of a *chair*. So this knowledge based on perception of an object is really perception of a physical signal which in turn is nerve mediated information processed mentally. But my only direct experience, my only direct knowing is of that thought process itself. Even my knowledge of brain activity, nerve signals, & all physical phenomena reduces likewise to thought. This is clearly the case since I learn about Brain activity & nerve signals through hearsay & reading, & so on. Again all this is mediated by sense Nerve Signals & such. So far then I note instantaneous knowing that I exist, instantaneous *knowing I know*, & slower & indirect thought processes for just about anything else.

Thought about something is not in itself a physical thing, nor can it directly interact with a physical thing so as to prove that thing exists. The best I can do is process other

thoughts of inferring, assuming or concluding. But up to that point I do not know for sure that anything actually exists except for my Self, my knowing, & perhaps my thoughts. The objects, which the thoughts are thoughts of, cannot be directly known to exist. How then do those thoughts differ from Imagination ? If the objects do not exist or at least could never be known or proven to exist, what else is to be said of thought about such so-called objects ? What are thoughts concerning objects that cannot be proven to exist ? Imagination is all that can be said of them. I know all presumed objects only through & as thought in a manner just like Imagination.

If I can not independently prove the *objective* existence of a *chair*, then what is my thought of the *chair* ? It is an image, a construct in my knowing or my Consciousness. As it is for the *chair*, so it is for Body & Brain, Brain cells & Nerve Signals, all known in the manner of Imagination. Like any thought, the thought of a *chair* or the thought of a brain cell is made up only of the substance of my consciousness or knowing. Any Beginning, Middle, or End of each thought in Time & any other quality of that thought concerns the thought of Time or some other thought structure about the first thought. Not only are there no provable objects, but neither are there provable qualities or structure to thought. Circular proof is no proof at all so the substance of thought as Consciousness is all I can be independently sure of. I can have no confidence that thought has as structure because only other thoughts can describe such a structure. Stripped of qualities, structure, & duration, thought is drowned as it were, or lost in my knowing or consciousness with nothing provable that it is “*about*” nor any quality or structure to distinguish it.

In saying that my Existence, *knowing I exist*, *knowing I know*, & perhaps thought is almost I can be sure of, there was something left out after thought is subsumed into Consciousness. There is something else that I do definitely know just as surely & directly as I instantaneously *know I exist* & *know that I know*. I also know exactly how happy I am right at this instant. As I project my next intentional thought or make my next decision, it will be my attempt to improve that score, to secure at least a bit more happiness, or at to avoid some unhappiness. There is no other motive force for my thoughts & actions. Instantaneously knowing that I exist & knowing that I know is like assessment of my Happiness from which is launched my targeting process for all intentional thoughts & actions. Goal-oriented targeting processes later consist of slower less direct thought formulations, & Happiness assessment is instantaneous. But this is not some quantity of Happiness measured against zero. The opposite is true. It turns out that the background fullness of natural Happiness is instantaneously ever available for a comparison measurement of seemingly incomplete Happiness.



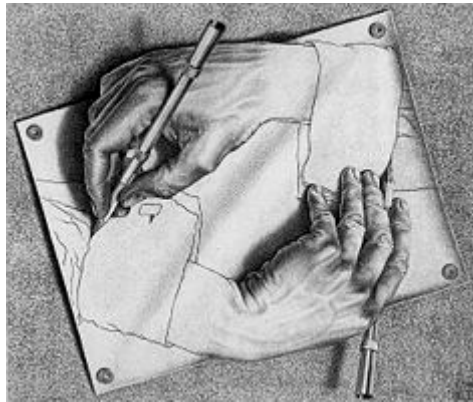
Baseline

Mathematically speaking, we usually assume that we measure our Happiness against some Zero base line, just as we measure our partial knowing against a similar Zero baseline. When we don't know, we know nothing. If Happiness were ever without the satisfactions on which it seemingly depends, we would presumably be without any happiness at all. But that presumption is all turned inside out. Full divine Happiness is the Reality, while Illusion seems to attenuate that fullness down to the instantly measurable & diminished value. In a loose sense, our unlimited Happiness compares to an unlimited *wavefunction*, only the Happiness is real. Mental constructs seem to “collapse” this unlimited natural Happiness down to a particular measurable quantity by a perversely inverted “*quantum mechanics*” of unhappiness.

A similar inversion occurs when we mistakenly assume our Existence as a Body & a Mind as our hold-out against a Zero baseline of non-existence. Our being is unlimited & not so particularized. The same again could be said about the way we measure the Time of Life against no Time, & so on. All these inversions are reversed back again in the Perennial Philosophy. Reversing the assumption of measurement against a Zero baseline was somewhat illustrated in the effort to resolve the age old paradox of the form: “*This statement is a lie.*” Historically, it may have first been Epimendes of Crete who made the statement that “*all Cretans are liars*” which of course would include himself & that very statement. If actually a lie reflexively pertaining to itself, the statement is instead true. But the only truth it purports is that it is a lie, & so it goes, around & around. Such a statement is said to be one of a higher logical type than a simple factual statement, thus resulting in a Tangled Hierarchy between the statement & its content.

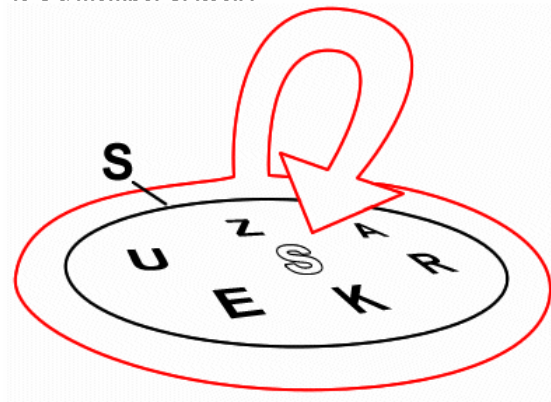
In a Simple Hierarchy, the upper level subsumes & rules the lower levels. When there is feed back from lower level to higher level in a hierarchy the resulting system is a feedback loop or control circuit. A Tangled Hierarchy is a mixture that is more complex & not easily resolved. Self-referential statements like the Sentence that speaks about itself is in this way prone to Paradox. The manner in which the sense of Individuality, the Ego use of the word “I” is similarly self-referential constitutes the major theme that we strive for our own study.

Kurt Godel addressed the paradox of Mind in Mathematics when noting that when we attempt to step out of an *Arithmetic* & out the Mind conceiving we cannot be accomplished this from *within* that Mind or Mathematical system [*more usually stated in terms of limitations on Axiomatic Systems: a complete set of consistent Axioms is not possible, if the system is at least capable of doing Arithmetic, there will be at least one statement that cannot be proved from within that System*]. This was said to be a proof for the existence of God, & so it may be. Limited things cannot fully explain themselves, they point to a Thomistic *Prime Mover* that Aquinas had adapted from Aristotle. With all of the wrong turns around which Aristotle may have lead Western civilization, there remained a glimmer of insight traceable back through Plato, Socrates, & Parmenides of Elea who had initially inspired the emphasis on Self-Knowledge & the so-called “*Socratic method*” of probing deep truth by questioning, as in: *Who ? What ? If ?*

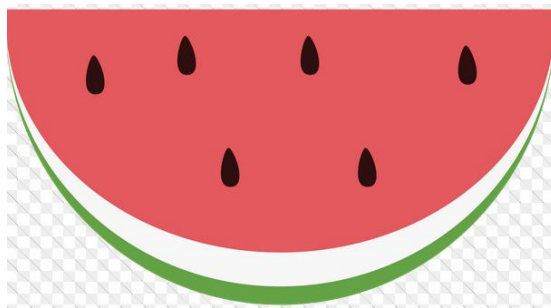


The mathematician & philosopher Bertrand Russell similarly attacked the Self-Referential paradox [*such as: "this sentence is a lie"*] in the *Principia Mathematica* he co-authored with Alfred North Whitehead. Contrary to their hierarchy of logical types was the perspective of Russell's graduate student Ludwig Wittingstein whose Logical Positivism's dismissed all questions of philosophy as issues of language. The Perennial Philosophy however would side rather with a lesser known graduate student of Bertrand Russell, a Christian Scientist named Daniel Cowan who addressed the inversion & Self-Referential paradox in his *Mind Underlies Space-Time*.

Russell's Paradox asks whether, if S is the set of all sets which do not have themselves as a member, is S a member of itself?



Cowan rightly reversed the whole universe & agreed with the ancient Eleatic Greek philosophers that there can be no Void, no Vacuum. We could offer a simplistic analogy in saying that there is no Sphere of Nothingness in which the universe is scattered like *pits* in a watermelon. The “*pits*” or objects of the Universe are not the reality. Instead the *watermelon* fruit is the substance with the *pits* being attenuations. Modern Cosmology would now agree that empty Space has the fullness of Energy as Gravitational Potential, much as Quantum Theory filled the Void with Zero-Point energy. Wheeler’s extension of General Relativity cast *objects* with Mass are coagulations of lesser energy not different in kind from ordinary freely movable packets of energy. But since Matter & Energy are vibrations in the web of “empty” Space-Time this matter & energy are the *pits* while space is the *watermelon*.



#42) Life Matrix 17:

Fullness

With a simple analogy, the 20th century Indian Sage, Ramana Maharshi had in an earlier decade described much the same inversion as the previously "inversions" of Quantum Mechanics & Daniel Cowan. Ramana advised that we view *objects* in the Universe as if there were *raised letters* embossed on a "*paper substrate*" of Void.

BLIND EMBOSSING

It is rather that the objects are seeming *cavities* carved out of the Fullness which the Eliatic Greek philosophers had called *Apeiron* & the Gnostics later termed the *Pleroma*. Maharshi said that we ignore the *Page* of full white light reflecting when we focus on the *black letters* that give back no light. We see those *black voids* that are the *letters* as the entities & dismiss the full Page as if it were the nothing. Like Cowan later noted, Ramana too said that we had reversed it all & would do better to see the Universe as the Fullness & the *objects* & things as diminished *cavities*.



Like a reversed photographic negative, this inversion of the Mundane view was used by Cowan to combat the Double Negative paradox. The Perennial Philosophy generally declares it to be an error when we assume a Zero Base Line for Happiness & Being, since actually, Existence & Bliss in Fullness are the Reality that is no different from the Consciousness we call God. Robert Heinlein's *Stranger in a Strange Land* tells us "*Thou art God*" in echo of the Vedic *Mahavakyas*. By God, the Perennial Philosophy refers to Existence, Consciousness, & Happiness as the answer to: *What ?* or *Who am I ?*

Just as the Perennial Philosophy declares that we measure our seemingly limited Happiness against the fullness of natural Happiness rather than against a Zero Base Line, so it is also with other Zero Base Line assumptions. The instantaneous aspect of our moment to moment assessment of Happiness is the ongoing background of natural Happiness which the Perennial Philosophy maintains is not "*something*" else different from Existence & Knowing. Again not requiring thought, we faultlessly know that *we exist*, that *we know we exist*, & Happiness as an ideal by which we assess our current score card of joy or lack thereof.

Similarly, our own Truth assessment of genuineness & direct Knowledge of Reality can be seen as facets of the same jewel, in essence non-different from the one “*thing*.” Love could also be said to be direct instantaneous knowledge of what brings Happiness. Love is more akin to Happiness as a kind of *knowing & functional assessment of Happiness* in itself. Love is drawn to & immerses us in Happiness & we love what we truly know, just as we know what we love.

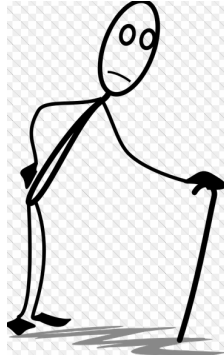
The penetrating nature of Love & Happiness provide further hints & guideposts. We feel true Love at a very deep level in unbroken continuity that remains steady through all mental states of exhilaration & fatigue, of infatuation & annoyance, even through Dream & Deep Dreamless Sleep. One you Love in the Waking state evokes Love if they also appear in your Dream. Happiness too is very Absolute & deep in our constant undiminished striving for it. Every breath, every right or left turn, every thought is a grasping for more Happiness or the escape from unhappiness. Just as *I know I exist & know that I know* through all the changes & cycles of neurology & biochemistry, so too my Happiness & Love continue through Dream & delirium, through intoxication & all moods. If I Love my child when awake, I do so through all Dreams as well. So, granted that *I exist, I know at least that much*. I am also aware of my Happiness & Love so as to constantly be able to unconsciously measure that Happiness & Love as I seek more.

To expect the Perception of Forms – the World, Body, Senses, & Thought – to disappear at their own level, in order to spiritually transcend them, is like expecting the Dream Character in one's Dream to see Dream Forms – Dream World, Dream Body, Dream Senses, & Dream Thought – disappear with the Dream, before waking up. When the Forms – the World, Body, Senses, & Thought – actually do happen to vanish, the Reality of pure, transcendent Being alone remains. But even when all that is thought of as appearing, the Reality of pure, transcendent Being alone remains.

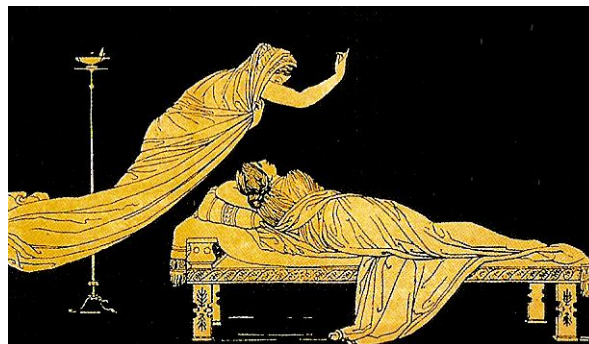
Nome

Dream Body

As for the earlier fundamental question “*Is there something ?*” We do well to keep it close to home, concrete, & not distant, abstract, or theoretical. For instance, I seem to be alive in a Body. Now I say “*seem*” because even if for the sake of discussion we granted some reality to the World, we would still have some problems with this Body thing. I would have to ask about a hundred years ago, & a hundred years from now. This Body was certainly non-existent back then & will later be irrelevant, so what does that say about me now ? If this Body is temporary to begin with, what other limitations would I find out about it ? What does all that say about me a hundred years ago, & a hundred years from now, & if anything, what does that say about me & this Body even now ?



When I was a kid I looked at older people & assumed that somehow their inner state matched their visible physical state. A slow stiff, old person would have a Zmind creaking along slowly & stiffly, & so on. While some of that kind of thing is true, by & large I myself feel the same inside as I did fifty years ago even though the body is so very different. Even at age two I recall being who I am now even though there is little continuity of the body from that age to the Present. If I am far more than a Body, or perhaps not even a Body at all, then the general conception of the physical World does not exactly hold up. Popular song & countless philosophies have actually declared that apparent Life in this Waking world is just another Dream, even if crisper & more intense & embellished than any vaguely remembered nightly Dream. Some of those nightly Dreams are not so vague anyway & the gap is narrow between Dream & Waking.



Now I know what you're thinking. Wait a minute, look at this panorama of Life in this World. Look at all the detail, the drama, the mess, the complication, all of it. This is not like my sleeping Dreams. No, it's not & it is said to be "*God's Dream*", a bigger more intense Dream. As just a Dream character myself, my Dreams are just not as vivid & complex, that's all. I know the Waking state seems so intense, but where does it all come from, tell me that ? Where does the Universe & the magic of conscious, thinking, loving human beings & all the other creatures come from ? What is the explanation ? "*I don't know*" you might say, "*but still, don't try to tell me it's not real.*" Yes it may seem so real, but thousands, or hundreds of thousands have been convinced that "*Life is but a dream*" & they say that all the Dream characters will know this at some point.



What about the consistency then ? Do you mean your “*Past*” & the fact that you know people & facts & speak one or more languages ? In Dreams we know people & speak to them. We seem to have a Past within the Dream, no one is surprised that we are there.

When

If all will know Absolute Truth, when ? Again, taking the World & Body for granted, but just for the sake of discussion, one would have to posit some scheme of Reincarnation to explain how all will awaken even though there are said to be only a few hundred at most who are typically awakened at a given Time. In the Golden Age of Ch’an there may have been thousands, while in other Eras there seem to only be dozens at most. Whatever that count, there would have to be Reincarnation for all to awaken. Ramana Maharshi put it right when disclaiming that he saw no Incarnation, never mind Reincarnation. & yet the Maharshi followed up saying that if incarnation seems to be your experience. At the same level of Illusion, Reincarnation could be expected, unless one awakens to the Truth.

Truth

The World is a mystery. The complexity of it all is incredible. But all the more so, the Perennial Philosophy would say, God is undeniable. There is God only, & this is God’s dream. The extent of God does not stop at some boundary. God is not limited. The rest does not all begin somewhere. But why, you would say, why all this strange experience, this World, this Life ? Who can say, but there it is. Unravel it & find the real Infinity, the real intensity. Then one would know truly that the question [*about the World*] is not: *Why ?* but rather: *If ?* Think of the most lovable woman (*or if inclined toward men, vice versa*) or the most adorable child, think of the fathomless beauty of those most cherished beings in their most wonderful moments. That beauty only hints at the slightest drop of the Ocean of Bliss that Infinite God is all about. This unreal World seems intense, but the Glory of Reality is far more intense. All of the partial intensity we do find in Life, all of the partial Happiness & partial Love do not arise from the World anyway. All these leak through the *sieve* of the World from the deeper Reality that is our True Nature.

The good news is that it works out for everyone eventually, within that context of Reincarnation which is no more Illusory than Incarnation, but no less Illusory either. Why wait for a million years of this stuff ? Get liberated now ! Awaken to enjoy the full joy of your own true nature. I know it's amazing, but I'm not the first or only one saying all this. It's been said countless Times in countless ways & one can be lead you to any number of testimonials, & some current guides or Gurus as well. There are numerous historical testimonies in records from men & women, children & fools, defective & disadvantaged people, as well as kings & saints, all with the same assurance – the inevitability of Enlightenment. God alone is, all this is a Dream, & the Reality is infinitely blissful.

not Objective

#43) Life Matrix 18:

About half a century ago Aldous Huxley entitled a book of quotations & commentary “The Perennial Philosophy”, thereby Anglicizing the term *Philosophia Perennis* used by Gottfried Leibnitz. This is the Leibnitz who had co-invented Calculus concurrently with Isaac Newton, somewhat as Wallace was concurrent with Darwin. Leibnitz in turn had Latinized Hinduism's truer name *Sanatana Dharma* which has also been translated as *The Eternal Religion*.

In the sense used here the *Perennial Philosophy* refers to the universal inner core of deepest teaching common to many religions. However misnamed, Hinduism can be said to originally be the prime source of the codified *Perennial Philosophy*. Another major source was *Buddhism* that began from the teachings of Gautama Siddhartha as a spin-off reform of a Hinduism where empty structure had replaced instruction for succeeded liberating meditation. *Buddhism* took over India but then itself declined there to dry intellectualism. Shankara's *Vedanta* took inspiration from *Buddhism* back from Shankara's teacher's teacher Gaudapada, but by then Vedanta itself had declined into dry intellectualism. By the Time that Maharastra *sants* reformed Hinduism again with Non-Dual devotion, Buddhism had nearly disappeared in its birthplace India, but had gone on to take over southern & eastern Asia, often incorporating local nature & magic religions within the various national flavors. So Tibetan *Bon* flavored *Vajrajana*, just as *Taoism* flavored *Ch'an* & *Shinto* flavored Zen. But like the cycle in India, the other strains of Buddhism also declined into dry intellectualism.

The same intellectualism characterized the decline of more western traditions as well. This can be seen in the Perennial Philosophy in its high end decline from ancient Greek philosophy, Gnostic Christianity, & so on. Despite Non-Dual Perennial Philosophy in all 3 of the *Abrahamic* desert religions of Judaism, non-Gnostic Christianity, & Islam, these too declined at the middle end into empty cultural forms, & at the low end into the emotionalized fanaticism of Christian fundamentalism (*as opposed to Islamic, Jewish, & Hindu fundamentalism & the less significant Buddhist fundamentalism*). Combining materialism with the former & racial politics with the latter left the Perennial Philosophy nearly & dead art in the West until borrowed back from the East in various waves of liberalism seen for instance in the American Transcendentalists, Europe's 1930's, & the New Age of the 1960's & 1970's. The Perennial Philosophy would itself deny the validity of any numbers game, but the relative fact remains that this great philosophy is again in decline which is why the silly Matrix movies seem ironically significant.

Vedas

Some of the most ancient spiritual roots within the *Sanatana Dharma* derive from Dravidian peoples in southern India where *Shaivite* themes were dominant as represented by devotion to Siva & the even older deity Rudra, symbolized by 3 lines. These 3 would be the Waking, Dream, & Deep Sleep states, & also God, World, & Self as contemplated by ancient mediators. At the trading crossroads which were the rivers of modern day Bulgaria, there was once unearthed was a skeleton buried in cross-legged meditative posture 60,000d years ago. In southern India the Dravidians are a darker ancient people whose agglutinative linguistic & genetic strains were & are found among Phoenicians & Carthaginians, Sardinians, Corsicans, Basques, & some Native American Indians.

Much of the general superstructure of Indian religions & the *Sanskrit* language, from which many north Indian languages are derived, were of Aryan origin (*whose PIE, proto-Indo-European culture & language blended with Dravidian*). That *Sanskrit* (“perfect”) language is common to Indo-European & the religious structure resembles ancient versions of Celtic, Norse, & Greek theophanies. Similar carryovers in tribal structure, patriarchal & matriarchal family lines, marriage, inheritance & so on are also strains in common. A direct cultural line, for instance, connects the Semitic thunder god Yahweh to the father authority figure responsible for the equation of heaven & sky. Some of his names include the Hindu Indra (*a name related to the Chinese Sindhu River which Persians called Hindu – from which the Indus River was named & the India & Hindu people later misnamed*). Essentially the same god was called Zeus by the Greeks who became Jupiter for the Romans. The Norse called him Thor from which we get our day named Thursday.

Wednesday is named for Wodin or Odin. Tuesday is a bit more obscure [*Tīw's Day, the day of the Norse Tiw or Týr, god of single combat*] but Friday is more clearly for the Germanic Aryan goddess Freita. Saturday is named for Saturn, the brother of Zeus, another son of Cronos (*not Chronos = Time*). Sunday is for the Sun & Monday for the Moon.

The same thunder-god in any case appears throughout “Aryan-land” stretching between the two land so named, namely “Ireland” synonymous with “Iran.”

Himalyan “seers” were the *rishis* like Valmiki of the *Ramayana* & Vyasa the purported author of the *Brahma Sutra* & even more significantly the Vedas themselves. Veda also refers to “seer” as in our own words “vision” & “video.” The 4 Vedas were *Yajur*, *Sama*, *Atharva*, & the oldest *Rig Veda* which was dated as an oral tradition prior to 6,000 years ago. The Vedas contained sections named for *Mantras* or chants & the *Karma-kanda* including ritual *Samhitas* & the *Jnana-kanda* wisdom teachings. Last appended here were *Upanishads* with their *Aranyakas* or concluding chapters comprising the original core of Vedanta the “end of the Vedas” (*the meaning of Vedanta*).

Vedanta

Vedanta was also considered culmination of the 9 schools of Indian philosophy that include Charvaka’s Materialism, *Jainism*, & *Buddhism* (the 3 heterodox schools); & orthodox schools of *Nyaya* of the teacher Gautama (*not the Buddha one*), the *Vaisheshika* school of the teacher Kanada, the *Samkhya* school of the teacher Kapila, the 8-limbed “Ashtanga Yoga school of *Patanjali*, & the *Mimamsa* school of Jaimini. Of these, *Samkhya* philosophy introduced useful terminology used in *Ashtanga Yoga* & *Vedanta*. Such themes as *karma*; the vital energies, the *pranas* & so on; the sheaths or *kosas*; the 3 states, all such expedient *Samkhya* & *Ashtanga* terminology serve practical purpose in Vedanta. This

also includes the triune of qualities, the *gunas*, which are the dense or *tamasic*, the energetic or rage-like *rajasic*, & the sublime or *sattvic*.

Ashtanga Yoga is the 8-limbed yoga or path of union which is also called *Raja* Yoga, the royal yoga as compared to the *Jnana* Yoga or knowledge/wisdom yoga of *Vedanta*. *Bhakti* Yoga of devotion or Self-Surrender has been practiced at various levels of *Hinduism*, from simple Vedic ritualism to the *Maharashtra* saints. *Bhakti* complements the *Karma* Yoga of good works or the righteous lifestyle related to *Samkhya*. Christianity likewise combined *Karma* & *Bhakti* as seen in the contrasting devotions of the two sisters Martha & Mary, who were like Aesop's *ant* & *grasshopper*.

The actual 8 limbs of *Ashtanga* Yoga include with *Yama* the 10-Commandment-like prohibitions or "thou shalt nots," *Niyama* or the holy activities, *Asana* or *Hatha* Yoga, & *Pranayama* the yoga or breathing practices. The first two relate to the lower & higher aspects of conventional religion while latter two correspond more to martial arts & the *Vipassana* practices of *Theravadin* Buddhism, the *Hinayana* of Lesser Vehicle of Southeast Asia. The 5th limb is *Pratyahara* a withdrawal of the senses or the deaf, blind, numbness of pre-meditative stillness. That state is readily simulated with a Lilly isolation tank or with the nerve jamming light-and-sound goggles at one Time favored by the '60's counter culture from Jerry Garcia to Esalon Institute. Various drugs can have some *Pratyahara* aspects as well. One-pointedness or *Dharana* the 6th limb would be the object of *Vipassana* & similar practices. Meditation itself, the 7th limb, would be *Dhyana* from which come the Buddhist terms *Ch'an* & *Zen*. These latter 3 or 4 limbs are common to *Vedanta* as well. Like the Buddhist *Satori*, the 8th limb of *Samadhi* or absorption can be with form, *Sankalpa*, or beyond form *Nirvikalpa*. The "natural" enlightened state of ongoing *Nirvikalpa* is called *Sahaja Samadhi* of Enlightenment, Liberation, Self or God Realization.

The 1st aspect of *Self-Inquiry*, which is Primary, is to clarify the distinction between your actual *Being*, your *Self*, & the instruments of the *Body*, Speech, & Mind. When the *Body* moves, you do not move. When the *Body* is still, you are not still. When Speech is being used, you are not speaking. When Thought is occurring, you are not thinking. You are never the Actor, the Agent, or the Performer of actions, a Speaker, or anything similar. To clarify the identity in Knowledge is this first aspect of *Self-Inquiry*. The 2nd aspect referred to is to inquire, "Are there 2 of you, a real *Self* that is perpetually at peace in Silence & another *self* that gets caught up ? Whose delusion is it ?" If you inquire like this, it is Ultimate *Self-Inquiry*.